GET THE BIG PICTURE
100% CANADIAN
SINCE 1982 ISSUE 254
SEPTEMBER 2012

common ground

FREE MAGAZINE

terminator seeds > toxins > mass media > deception > ignorance > junk food > disease > fear > drugs > pharma profits > devil in the details > power > corruption > tyranny > arrogance > vicious circle > hubris > greed > genetic food > pesticides

Health naturally
Protect our right to choose natural health products

Label GMOs
Proposition 37 – know what's in your food

The Best in Canada

Nutristart

a BC-based family owned company, proudly supports **Adam O'Meara** in his quest for ultimate results in health and athletic performance. Adam also loves the powerful benefits to his overall health and well being with NutriStart products.

Adam O'Meara

FIRST PLACE
Canadian Long Distance
Triathalon Championship
July 2012

FIRST PLACE second year in a row
Shawnigan Lake International
1/2 Iron Triathlon May 2012

FIRST PLACE 3rd year in a row
Victoria International 1/2 Triathlon June 2012

NutriKrill

100% Pure Cold Pressed
Eco-Harvested Antarctic Krill Oil

- Powerful anti-inflammatory effects.
- Supports heart and cardiovascular health.
- Phosholipid form of Krill is 5 times better absorbed than fish oil.
- NutriKrill Superba™ uses a patented sustainable harvesting process.

Bamboo Silica

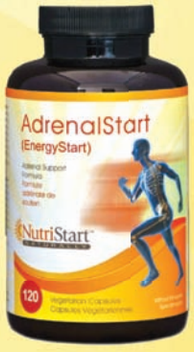
The Ultimate Anti-Aging Superfood

- Helps to build healthy bones, nails and teeth
- Works to prevent wrinkles and keep skin beautiful
- Promotes growth of thick, strong hair
- Supports joint health
- Maintains vascular and heart health
- Supports nervous and glandular system health

AdrenalStart

The stimulant-free energy booster

- Enhanced energy, performance, endurance and vitality
- Promotes adrenal, immune & cardiovascular response to stress
- Helps lower cortisol and raises DHEA levels in the body
- Over 3 200mg of concentrated herbal extracts in a daily serving



NutriStart™ NATURALLY

GMP NYFA

Visit our website at
www.nutristart.com
to see our full line of supplements for your entire family

1-800-813-4233 **250-704-1308** **Fx: 250-704-1307** **info@nutristart.com**

Nutritional Support for Mental & Physical Well-Being

TRUEHOPE EMP™

Truehope EMP™ is the first micronutrient supplement of its kind!

Truehope EMP™ is designed for the body to fully utilize, the way nature intended. The effect is astounding results in mental and physical well-being!

More research studies have been published on the Truehope formula than any other micronutrient formula in history, and it is ***sold in over 100 countries!***

Take your health to a new level with Truehope EMP™,
Just feel better!

Visit a health food store near you!

Contact us at **1-866-397-3121** or info@truehopeemp.ca
or visit our website at **truehopeemp.com** for more information.

OregaPet
Natural First Aid with Oil of Oregano

Tested on Humans for Pets!

Disinfect Your Pet Inside and Out!

www.oregapet.com
Brought to you by Joy of the Mountains™

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales -Adam Sealey, Alastair Gregor, Phil Watson
Design & Production - www.perubluesky.ca
Proofing - Anthony Prosk
Special Events Coordinator - Alastair Gregor

Contributors:
Robert Alstead, Alan Cassels, Deepak Chopra, Alastair Gregor, Carolyn Herriot, Candace Hill-Trevena, Mac McLaughlin, Lucy Miller, Deane Parkes, Gwen Randall-Young, Adam Sealey, Lucy Sharratt, Rose Stevens, David Suzuki, Eckhart Tolle, Phil Watson

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:
Phone: **604-733-2215**
Fax: 604-733-4415
Advertising: adam@commonground.ca
philwatson.cg@gmail.com
alastair@commonground.ca
Editorial: editor@commonground.ca

Common Ground Publishing Corp.
204-4381 Fraser St.
Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 72,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $60 (US$60) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

www.commonground.ca

features

5 **Canada's natural health products industry under siege**
Lucy Miller, Rose Stevens, Deane Parkes, Candace Hill-Trevena

8 **My food, my medicine, my choice**
Adam Sealey

9 **We need our pollinators**
Alastair Gregor

12 **GMO sweet corn kills bugs but is it tasty?**
Lucy Sharratt

19 **Label GMOs – California leads with Proposition 37**
Phil Watson

29 **The Law of Least Effort**
Deepak Chopra

GET THE BIG PICTURE
100% CANADIAN
SINCE 1982 ISSUE 254
SEPTEMBER 2012
common ground
FREE MAGAZINE
Health naturally Protect our right to choose natural health products
Label GMOs Proposition 37 – know what's in your food

columns

CULTURE

38 VIFF docs expose the dark side of corporate America
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

28 Health and the environment
SCIENCE MATTERS
David Suzuki

ORGANICS

16 An apple a day
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

24 Eliminating time
A NEW EARTH
Eckhart Tolle

26 Life unfolding
UNIVERSE WITHIN
Gwen Randall-Young

11 NEW FOR YOUR HEALTH
20 STAR WISE
30 RESOURCE DIRECTORY
36 DATEBOOK
37 CLASSIFIED

Support California Right to Know Genetically Engineered Food Act

This November California will vote on Proposition 37, "California Right to Know Genetically Engineered Food Act", that would mandate retailed food products to be labelled if they contain GMOs. It's a David (we the people) versus Goliath (GMO corporations) battle. 90% of people polled want to know if GMOs are in their food. Big Brother doesn't want it labelled. Monsanto and five other large biotech, pesticide and seed industries known as the "Big Six" have put millions of dollars towards killing genetically modified food labelling. The "Big Six", which includes Monsanto and Dow (who both manufactured Agent Orange), BASF, Bayer (who with IG Farben produced poison gas for WWII Nazi extermination camps), Dupont and Syngenta, are strongly against the mandate that would allow consumers to know what they eat.

People desire and deserve to know what they feed their children. So in whatever way you can, support the people of California in their determination to have GMOs labelled. As California goes so goes their nation, and Canada too. People deserve to know. It's the basis of freedom, democracy and health.

Cover image by Christianm.

ethics in action
CHOIX ENVIRONNEMENTAL ENVIRONMENTAL CHOICE
HANS
chfa Voice of the Natural Health Industry La voix de l'industrie de la santé naturel
Canada
TLC The Land Conservancy BRITISH COLUMBIA'S NATIONAL TRUST

Under siege: Canada's Natural Health Products industry

Health rights and freedoms are disappearing. On February 4, 2013, Canadians will lose their right to purchase many herbs and vitamins. Possibly for good. It will be the law. UPLAR (Natural Health Products Unprocessed Product Licence Applications Regulations) was passed in 2010 in Canada. It comes due February 4, 2013. It gives Health Canada (Canada's FDA) legal authority to pull 'unlicensed' herbs and vitamins off the shelves with jail time and monetary fines against the sellers. The problem is 80 percent of all herbs and vitamins have not received licensing. Tens of thousands of products are still awaiting the process, are in process or haven't yet received responses. Health Canada doesn't care.

This law shuts down the natural health care market in Canada. Ask yourself who benefits if the alternative health care industry is shut down? Whose medications are left on the shelves?

It's time to take action. Contact http://naturalhealthfreedomcanada.com/ and find out what you can do about it.

Health Canada's shrewd takeover of the natural health industry

Thank you *Common Ground* and Nick Mancuso [*What is Health Canada Up To*? by Nick Mancuso, August 2012] for taking up the challenge and writing and printing the truth behind Health Canada's shrewd takeover of the natural health industry.

Under the guise of looking out for the 'safety' of Canadians, Health Canada has, in fact, shut down the freedom to choose for Canadian citizens by having exclusive power over product approval. The natural health products industry has risen above scepticism with legitimate research into some of the most innovative products worldwide, maintained growth through economic turmoil and provided answers and help when the medical model with its prescription drugs and/or surgery has failed the Canadian public.

Suppliers in this country are at their wits end trying to comply with the regulations and fees imposed by the government; products are required to be reformulated (often lacking key ingredients) and labels are changing at an alarming rate to accommodate the various claims and subsequent cautions that must be shown on the product. Has anybody died as a result of a natural health product? No. Never. There has never been a death attributed to a natural health product in this country. Statistically, you are more likely to have an anaphylactic reaction to nuts, shellfish and prescription drugs. Natural health products do not belong in the drug category and ought not be regulated nor treated as such.

As a retailer trying to offer the absolute best products for my customers, I must make this plea to all suppliers, fellow retailers and consumers: Please help us to unite in this awareness. The reality is we have been complying with this process for over seven years now and there is no logic to the manner in which Health Canada is accepting or rejecting natural product numbers (NPNs). The greatest farce is that 'over the counter' pharmaceuticals like Crest toothpaste, Tums, Rolaids, Nicorette gum and Covergirl makeup all carry an NPN. How ridiculous is that? Can these products even *continued p.6...*

Train for a Career as a Certified Nutritional Practitioner!

Earn a Diploma in Applied Holistic Nutrition

The Institute of Holistic Nutrition™

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2012

For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

Naturally
fit with Iron
VITAL F®
IronVital F provides
vital energy!
IronVital F liquid has a pleasant fruit taste and is the superior choice if you need more daily iron. The combination of vitamin C in IronVital F helps the iron to be absorbed readily by the human body, while the B vitamins enhance the effects of the iron.
IronVital F liquid is perfect for use as follows...
• during pregnancy
• when breastfeeding
• women with heavier bleeding during menstruation
• young people in a growth phase
• during regular intense exercise
No preservatives
Non-constipating
Vegetarian formula
Alcohol, yeast and gluten free
Delicious fruit flavoured liquid with Vitamins C+B
hübner healthy living
Liquid supplement for increased iron needs
Iron VITAL F
New easy to open cap!
Alcohol free
Yeast and gluten free
No preservatives
Vegetarian formula
No Preservatives 100% PURE No Preservatives
GERMAN GMP
500 mL
nāka
www.NakaHerbs.com
Live well and live healthy with Naka Herbs and Vitamins
Check us out on
The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

... ***Under siege*** *from p.5*

compare to the quality, ingredients, purity and wholesomeness of anything that is natural? How did we let this happen to our precious industry when we have worked so hard to prove our products are effective and safe for all people and most importantly, the sick?

The next threat to our livelihood is that the rules of this unfair game will continue to change based on random criteria. Currently, digestive enzymes and probiotics, the essences of life, are being scrutinized as to whether their NPNs ought to be revoked. How are we to stop this atrocity once it is happening because of unfounded reasons?

As I watch the flood of cautions now listed on the various products that traditionally have caused no harm, it saddens me that, despite my noblest efforts to explain the new requirements, I also watch the customer reading them and putting the bottle or box back on the shelf.

As wholistic people, we can and must come together and rise above the prevailing domination Health Canada has over our ability to manufacture, sell and ultimately choose natural health products. Please share your success story with supplements, reveal your hardships dealing with Health Canada and communicate what this issue means to you. By supporting your local health food store and their exclusive products, you may save the products that protect you and keep your body free of disease.

Know that there are changing rules and product seizures taking place that are unfounded and unlawful. Let your government know that you want to preserve your freedom to choose. Follow this magazine and Nick Mancuso's PowerHealthRadio.com for up to date coverage of these issues as they unfold.

– Lucy Miller, owner, The Healthy Hut (Cochrane) Ltd., www.thehealthyhut.ca

Editors note: By forcing health products to have "warnings" on them, it normalizes the real warnings on some other products that can be dangerous, such as alcohol and tobacco and thus dilutes the importance of the message, playing into the hands of big corporations such as Big Pharma.

Health store owners afraid to speak out

As a stakeholder in the natural health industry, I am very disappointed with all the health food store owners who will not support their own industry by warning their customers that thousands of excellent natural products are under serious threat of being banned for sale by Health Canada.

One would think we suppliers would be heroes in their eyes for all the Health Canada land mines we have had to avoid just to keep some of these products on their shelves. Not so.

As an example, I am no longer welcome at one major health food store chain in Manitoba – for the capital crime of encouraging their customers, during a demo, to write the Health Minister and their MP to ask why their favourite natural health supplement was no longer available. I was told by the owners they do not want to become politically involved and that their health food store was not a venue to discuss this.

What, then, is the "proper venue"? Do consumers not have the right to know? Will the time to discuss this be after all the pharmaceutical cor-

porations buy up the natural health industry bit by bit, denaturing the products, and the real health foods go the way of the dodo bird?

– Rose Stevens, Holistic Practitioner, Manitoba

Stop the clock from ticking

Delay the Feb 4, 2013 deadline for UPLAR

Health Canada having the final say on the food or medicine we choose is a step backwards for society, I believe.

I hear from health food store staff, owners and their customers they have no idea what is going on, which is very unfortunate. Unless people take action quickly to stop Health Canada in its tracks, I believe it will be a giant step backward for people in Canada. I know most of you reading this have no idea what is going on, and for those of you who do, you have received a very mixed message.

> I am no longer welcome at one major health food store chain in Manitoba – for the capital crime of encouraging their customers... to write the Health Minister and their MP to ask why their favourite natural health supplement was no longer available.

Without understanding the details, you will no longer have any say in your choice of medicine or food. What about your personal right to choose what goes in your body?

Will Canadians be healthier or safer if the only products available to them are ones that Health Canada has deemed acceptable? No offence, but this scares the crap out of me. (Ed. Note: It is not the health food industry that lobbies Health Canada the most. It is Big Pharma.)

It is as if we have only one company to buy from: 'Health Canada Inc.' Already, it has either 'forced' manufacturers of proven helpful products to change their products or removed them from shelves in Canada.

What to do? Other than freak out and get mad?

All I can think of is bury Health Canada, your local MP and Stephen Harper with letters. This old-fashioned method does get attention. Along with this, make a personal visit to your MP to make him/her aware of how you feel.

We apparently have one recourse as citizens: write letters in overwhelming numbers to government offices to delay the February 2013 Natural Health Products Unprocessed Product Licence Applications Regulations (UPLAR) deadline. We must speak to our MPs and make it very clear government has no role in deciding what we eat or use as medicine.

It may not end with this, but a delay is what is needed now. They are a persistent lot, I will give them that.

If they want regulations, the only one I see necessary to ensure public safety is manufacturing regulations. In Canada, we have one of the highest standards of manufacturing of natural health products in the world. As a consumer, I want to ensure the product is under acceptable levels of contamination and I want to see the list of ingredients in case I have a religious, health, personal or cultural preference. Period.

At press time, Health Canada is still deciding whether or not to enforce, in February of 2013, its regulations that would allow only products with an approved NPN # to be sold across Canada.

If so, as of February 2013:

Health Canada will control your personal choices about the food and medicine you put in your body.

Health Canada will demand every natural health product have an approved NPN licence to be sold in retail stores in Canada.

Health Canada will use enforcement to ensure retailers do not sell unapproved products. Selling an unapproved product could result in a $5-million fine or two years in jail.

Health Canada will be the only source for product approval. Health Canada alone will determine whether a product is safe or effective. No matter whether a prod-

continued p.14...

Start your "hair raising" adventure today!
Discover Europe's natural beauty formula.
For more than 50 years, Europeans have trusted Original Silicea Balsam gel to help them get beautiful, healthy hair, smoother looking skin and stronger nails.
Help to beautify your body from the inside out with the 100% pure, original silica gel supplement!
"Silicea - for me it was like a miracle."
"I have now been taking Original Silicea Balsam regularly for about three years and I have the beautiful hair I had been dreaming of all my life. Also, my skin has become much firmer and elastic in those places where it tends to quickly become flabby in us women. My self-confidence and zest for life have improved thanks to Original Silicea Balsam."
Marianne S.
Study results show that using Original Silicea Balsam produced a significant increase in hair thickness of +13% after 6 months.*
hübner healthy living
No Preservatives · 100% PURE · No Additives · No Excipients
Ask for your FREE SILICEA BOOKLET in store!
Original silicea Balsam
Silica Gel Mineral Supplement
500 ml
GERMAN GMP
Original silicea Natural Beauty from within
Naka
Check us out on
www.NakaHerbs.com
Live well and live healthy with Naka Herbs and Vitamins
The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.
*This clinical study was published in Archives of Dermatological Research (2007) 299 : 499-505

Adam Sealey

My food, my medicine, my choice

Do you believe your government has your best interests at heart when it comes to the health of you and your family? From my personal experience and that of many others, it's clear our government is in a deep conflict of interest and has never been more corrupt and contradictory in its actions than it is today. It's time we stand up as citizens and demand two things of our government.

Firstly, we must demand that Health Canada cease its witchhunt of safe and time-tested, effective natural health products. Secondly, we must also demand that a proper label appear on all untested genetically modified foods so people can make an informed choice and avoid the serious potential risks inherent in these "Frankenfoods." In the US presidential election this fall, California's Proposition 37 seeks to do just that: to finally label GMO foods. We need the same here in Canada, now.

There has been only one study on GMO foods with human subjects and it raised serious concerns. No follow up studies have been done. Several studies have been done on lab rats that showed the rats that were fed GMO foods suffered damage to their DNA and RNA as well as to their internal organs. And yet these foods are deemed safe and no labelling is required in Canada or the US while nearly every other country in the world requires that they be labelled. Are we the human lab rats?

It's time to wake up, get up and demand "Our Food, Our Medicine, Our Choice!"

Every doctor can state the Hippocratic Oath they must take: "First, do no harm." But do these doctors and our governments follow this creed? Let's look at an example of the blatant violation of this oath and the corruption at Health Canada with the true story of TrueHope.

When Anthony Stephan tragically lost his first wife to suicide, he was driven to find out why. He learned she was deficient in the proper nutrients, vitamins and minerals, which led to severe depression. He subsequently developed a multi vitamin and mineral formula and named it EmpowerPlus. Thousands of Canadians found relief from depression, bipolar disorder, OCD and other conditions. Sales skyrocketed and people got their lives back together. Five studies done out of the University of Calgary and Harvard showed conclusively that the product was both safe and effective. In July of 2003, Health Canada halted all shipments of EmpowerPlus at the US/Canada border citing it had no DIN number, which under the Act was no longer required. Health Canada set up a 1-800 crisis line for people suffering without their medicine. Many people smuggled the product over the border.

In March of 2004, Dr. James Lunney, a Conservative MP from Vancouver Island pleaded with the Minister of Health to grant an exemption to TrueHope for this life-saving product. It was granted and product began to flow again. Today, EmpowerPlus has 19 published studies showing it to be safe and effective – more studies than any other natural health formula in Canada. EmpowerPlus has an NPN# (license) and yet Health Canada continues with its vendetta to put them out of business. TrueHope took Health Canada to court to ensure that, in future, people have the right to choose their vital medications, whatever they might be. But now Health Canada is after TrueHope Nutritional Support Ltd. again, seeking to recover their court costs in the case and more and shut down and silence the non-profit that offers counselling, support and in some cases free product to poor and mentally ill people who would otherwise have no other option. Health Canada wants to make an example of them to discourage anyone else from standing up for their rights. The court has yet to grant the public the right to witness this case in court. If it does, the hearings will start on December 10 in the Federal Court in Calgary. Please lend your support in whichever way you can in this crucial decision, for you, for me, for Canada, for health freedom.

TrueHope has been told by Health Canada that it can't talk about the benefits of its products or its published studies, contrary to Section 2 of the Charter of Rights and Freedoms which grants all Canadians the *continued p.18...*

"Always Leave the Earth Better Than You Found It."

~ RUPERT STEPHENS

NON GMO Project VERIFIED · PROJET SANS OGM VERIFIE
nonGMOproject.org • projetsansOGM.org

The words of our founder's Dad flavour everything we do at Nature's Path - from making delicious, organic cereals to championing non-GMO labeling and your right to know what's in your food.

Eat well. Do good.
naturespath.com

NATURE'S PATH 3 GENERATIONS ORGANIC

@naturespath facebook.com/naturespath

Alastair Gregor

We need our pollinators

photo © Malani Oconnor

Our pollinators are being poisoned and the birds that eat these insects are being poisoned too. We need the pollinators – bees, beetles, moths, butterflies, bats and hummingbirds – because 80 percent of our foods are dependent on them. Yet they are disappearing and need our help.

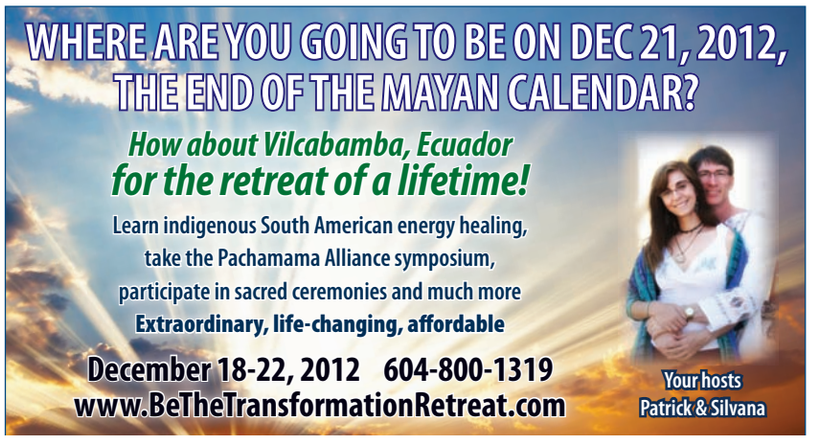
Farms in North America use over 5.1 billion pounds of pesticides annually. The chemicals are in the air we breathe; frequently sprayed by planes, they are carried off in the wind, poisoning surrounding land, forested areas and our water supply. (Get informed at www.PesticideFreeBC.org)

These pesticides are killing good and bad insects, and regardless of whether or not they are organic or conventional pesticides, they still kill. Today, systemic pesticides are used, which cannot be washed off the food we eat. Systemic means if you spray one part of the plant, the entire plant becomes toxic and kills insects for up to 15 years; it also toxifies other organisms that eat any part of the plant and the fruit it produces. These toxins remain in the soil and build up over time killing the beneficial microorganisms in the soil. (http://www.motherearthnews.com/organic-gardening/systemic-pesticides-zm0z10zrog.aspx)

We are experiencing the sharpest rise in cancer, diabetes and other adult onset diseases than ever before. There is hardly anyone who doesn't know someone who is struggling with these diseases and they almost all derive from our food sources. "Let food be thy medicine and medicine be thy food." – Hippocrates

In BC, you can find out how to plant a pollinator friendly garden from West Coast expert Linda Gilkeson, PhD, at her website www.lindagilkeson.ca You can also check out the Master Gardeners Association of BC's website and learn how to attract pollinators to your garden. The organization has an excellent brochure on planting native BC nectar plants. (www.mgabc.org/content/attracting-pollinators-your-garden)

There are four main ways you can help pollinators: 1) Don't use pesticides on your lawn or flowers or anywhere – not even organic ones – because bioaccumulation occurs in pollen and harms your bees. People spray for mosquitoes and ants, but those chemicals kill beneficial bugs, too. For instance, mosquitoes pollinate chocolate trees. 2) Plant large patches of flowers. Concentrate on plants that are native to your region and try to plan a garden with blooms throughout the year so pollinators always have a good nectar source. 3) Provide nesting sites for pollinators. These can be in the form of a bee house or un-mulched places in your garden (bare patches of dirt, piles of leaves, etc.) Avoid the use of mulching and ground cover cloth because 70 percent of native bees nest in the ground and need access to bare ground to complete their life cycle. They cannot work through *continued p.23...*


WHERE ARE YOU GOING TO BE ON DEC 21, 2012,
THE END OF THE MAYAN CALENDAR?
How about Vilcabamba, Ecuador
for the retreat of a lifetime!
Learn indigenous South American energy healing,
take the Pachamama Alliance symposium,
participate in sacred ceremonies and much more
Extraordinary, life-changing, affordable
December 18-22, 2012 604-800-1319
www.BeTheTransformationRetreat.com
Your hosts
Patrick & Silvana

TheHealthShows.com
22nd Annual
Vancouver Health Show
November 10 & 11, 2012
Vancouver Convention Centre • East Facility • Hall B
Saturday 10 am - 6 pm & Sunday 11:15 am - 5:15 pm
Get Your Business Noticed!
Connect with health consumers that care about a healthy lifestyle
Call 888-999-1761
to Exhibit or email info@healthshows.com
100's of Exhibitors, Seminars & Healthy Kid Zone

PROUDLY CANADIAN
honibe®
PURE HONEY JOY
honeylozenges
nature's cough drop
99% pure honey • no added sugars • low on the glycemic index
world's first lozenge made from honey (Canadian innovation)
1-877-564-5035 www.honibe.com

Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

Empower yourself. Achieve optimal health and a lasting career.

Do you want to positively change your life and well-being?

Do you want to help others achieve optimal health?

Do you want to earn a diploma in a life changing field?

Do you want to change careers?

Offers the R.H.N™ (Registered Holistic Nutritionist) Designation; the most recognized Designation in the Industry

PCTIA ACCREDITED

If you answered YES to any of these questions, then CSNN's Natural Nutrition program is for YOU.

TO LEARN MORE ABOUT CANADA'S LEADING HOLISTIC NUTRITION SCHOOL

Visit: **www.csnn.ca**

100-2245 West Broadway, Vancouver
ph: 604-730-5611

NON-TOXIC DRYCLEANING

helpinghand CLEANERS

Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com

for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

Social Ecology - Fall 2012

COURSES FOR SUSTAINABLE COMMUNITIES

Create healthy organic gardens and sustainable food systems.

- Organic Master Gardener: $695
- Ecological Landscape Design Part 1: $595
- Urban Permaculture Design: $1,100

To register, or for more information, contact:
604.323.5931 | sembree@langara.bc.ca

Langara.
THE COLLEGE OF HIGHER LEARNING.

LIFE CHOICE™
NEW! from LIFE CHOICE™
FIERY MALE HOTTER SEX
Now available, an all-natural formulation which can truly help restore your sexual well-being.
Exclusive to health food stores, compounding pharmacies & clinicians.
• Sexual enhancement and performance
• Designed by a naturopathic doctor
• Fully licensed natural health product NPN: 80029817
• Provides consistent absorption, balancing hormones and increasing libido.
• Sixteen scientifically researched ingredients to safely balance a man's chemistry
LIFE CHOICE
FIERY MALE 34
ARDEUR AU MASCULIN
NPN: 80024698
90 V-Capsules / par capsule
LIFE CHOICE™
FIERY MALE
Learn more! Visit
www.life-choice.net
1-866-226-1722
Life Choice... Because it works!
Since 1986
Ask for it at your local health store

New for Your Health

Riverbank Design eco beds
sustainable and long-lasting

Unique, Vancouver-made, 100% organic beds are made with sustainable materials and finished with non-toxic oil and wax. Long-lasting superior orthopaedic support. Mattress selection features both certified organic and 100% natural latex cores for the ultimate support. Certified organic & 100% natural latex rubber. No petrochemicals or fire retardant chemicals (wool as natural flame retardant). Naturally hypo allergenic. Mold, dust mite and mildew resistant. The plantation has GOLS certification, which includes worker standards and product traceability. Sleep well. **778-426-4270, www.riverbankdesign.ca**

SIP Natural Craft Sodas
packs a non-alcoholic punch

SIPsoda co. recently launched a line of healthy and intriguing sodas for non-drinkers and health conscious consumers. SIP sodas taste clean and crisp and are made with all natural ingredients: artesian spring water, fresh botanicals and fruit, perfectly balanced with a hint of cane sugar (7g) and better for you with only 25 calories per 12-oz. bottle. These top-line sodas are available in three curious flavours you'll never forget: Rosemary Lime, Lavender LemonPeel and Coriander Orange. **604-417-9346, www.sipsoda.com**

Put your Fresh Face forward

Hedd Wyn
Essentials
Fresh Face
with/avec
Tamanu Oil
L'huile Tamanu
Repairs, regenerates and rejuvenates skin. For all skin types.
Réparations, régénère et rajeunit la peau. Pour tous les types de peau.
1.7 oz / 50 ml

Fresh Face has been designed to moisturize, repair and rejuvenate your skin. Formulated for all skin types. Hedd Wyn has utilized nature's most potent treasures, including Tamanu oil and Sea Buckthorn Berry oil for radiant, healthy and beautiful skin. No artificial colours, preservatives or fragrances. All ingredients are plant-based. Non-greasy and absorbs quickly. It comes in an attractive, functional 50 ml. airless pump bottle for hygienic and easy dispensing. All plants used in this formula have been sustainably harvested. **http://heddwynessentials.com**

Nutri L-Carnitine Plus Liquid
Trim and tone your body naturally

New *Nutri* L-Carnitine Plus liquid from Naka can be a powerful aid to help trim fat from your body and enhance muscle tone. This great berry-flavoured liquid features the natural power of L-Carnitine plus essential B vitamins. Help burn fat and reduce fatigue with just one liquid tablespoon a day. Since fat is an excellent source of energy, supplementing with Nutri L-Carnitine Plus liquid will help you use stored fat as fuel so you can enhance physical performance. **www.nakaherbs.com**

AROMATHERAPY • REIKI • REFLEXOLOGY • IRIDOLOGY • THAI YOGA MASSAGE

EXPLORE·EXPERIENCE·ENLIGHTEN

The Body Soul & Spirit Expo

Your Holistic, Wellness, New Thought & New Consciousness Lifestyle Event

FALL 2012 EXPO TOUR

NEW SHOW!
WESTCOAST EXPO
TRADEX, ABBOTSFORD
OCT. 12-14,2012

Come discover one of Canada's most unique events, the **Body Soul & Spirit Expo** – where communities come together to celebrate life and explore all the options for living a happier, healthier, more conscious and successful lifestyle. The event covers a myriad of topics from New Thought, New Consciousness, Ancient Wisdom, Green Living, Natural Healing, and much more. You'll discover natural alternatives and new way of living and being – this show is an opportunity to connect and network withthousands of people. **This show has something for everyone!**

SASKATOON
SEPTEMBER 28-30
PRAIRIELAND PARK

NEW
WEST COAST EXPO
OCTOBER 12-14
TRADEX FRASER VALLEY

CALGARY
OCTOBER 19-21
STAMPEDE PARK
BIG FOUR BUILDING

EDMONTON
NOVEMBER 2-4
MAYFIELD CONVENTION CENTRE

SHOW HOURS:
Fri. 3 pm-10 pm
Sat. 10 am-9 pm
Sun. 11 am-6 pm

EXHIBITOR OPPORTUNITY
1-877-560-6830

Do You Have Something to offer?

Exhibit, Present a Lecture or Workshop and network with thousands of people looking for what you offer! Join us and learn why many consider the **Body Soul & Spirit Expo, Magazine and Website** Canada's #1 Promotional Opportunity for holistic businesses and conscious entrepreneurs!

FEATURING OVER 45 INSPIRING PRESENTATIONS & WORKSHOPS INCLUDING...

Lynn Andrew
Join Lynn Andrews New York bestseller author presenting Ancient Wisdom for Modern Times. A Rare opportunity to see the most notable authors on the role of women in the ancient wisdom traditions from indigenous healers in the Mayan Yucatán, Guatemala, Australia, Nepal and Egypt, as well as the American Southwest and Europe!

African Shaman Papa Wango & Djaly
Papa Wango & Djaly African Shaman two African shaman's who have been travelling across Europe offering their services to raise money and awareness of the need for food, water and sanitation solutions for their village in Africa and offering their wisdom and traditions at this year's events!

For more information visit
www.BodySoulSpiritExpo.com • 1-877-560-6830

• GREEN CLEANING PRODUCTS • MOTIVATIONAL SPEAKERS & COACHING

WELLNESS PRODUCTS • HEALTH SUPPLEMENTS • ENVIRONMENTALLY FRIENDLY PRODUCTS • CLEANING PRODUCTS • HEALING ARTS PRACTITIONERS • SPAS & WELLNESS • MEDITATION & SPIRITUAL GROWTH

PSYCHICS & ASTROLOGERS • SPIRITUAL TEACHERS • FENG SHUI • CHINESE MEDICINE • PERSONAL DEVELOPMENT • MOTIVATIONAL SPEAKERS & COACHING • ALTERNATIVE THERAPIES • HEALTHY FOODS CHOICES

HeddWyn Essentials
THE GOLD STANDARD
New Radiance Tamanu Oil
Problem Skin? Nature Provides
Wild Oil of Oregano
"Let food be thy medicine,"
Hippocrates
Available at Fine Health Food Stores www.wildoiloforegano.com / www.wildtamanuoil.com
New!
Fresh Face
100% Plant-based
Facial Creme
With Tamanu and
Sea Buckthorn Berry
Repairs and
Rejuvenates your Skin
Remove Dark Spots with.....
BroccoFusion™
with Sulforaphane
100% Natural
✔ Eliminate & Reduce Hyperpigmentation
✔ Protects Skin Against the Abuse of the Elements
✔ Acne
✔ Keratosis
✔ Skin Brightening/Radiance
✔ Smoothes Wrinkles
✔ Repairs UV Damage
Available in health food stores across Canada 1 800 726 4155
newcoteatree@telus.net www.organicteatreeoil.com

GM sweet corn kills bugs but is it tasty on the BBQ?

Generally, if our food kills living organisms, it is viewed as a negative. For Monsanto, however, this feature is a great new selling point. New genetically engineered (also called genetically modified or GM) sweet corn designed to kill insect pests is now being harvested across Canada. Of course, without labelling, we need to conduct our own investigations to learn where GM sweet corn is being sold.

Until last fall, there was only one US seed company selling a limited number of GM sweet corn varieties from Syngenta, to farmers in Ontario and Quebec. Now, Monsanto, the largest seed company in the world, has introduced three varieties of GM insect resistant, herbicide tolerant sweet corn. Across Canada, the first GM vegetable has hit some, but not all grocery stores and farmers markets.

Sobeys grocery chain (in Eastern Canada) has confirmed to the Canadian Biotechnology Action Network that they have no GM fresh sweet corn in their stores. At the time of publication, however, Loblaws and Metro had yet to comment on the status of their fresh sweet corn supply. Whole Foods Market has also pledged to keep GM sweet corn out, but Walmart says it won't be looking for a non-GM supply. Farmers selling at local farmers markets could also be selling GM sweet corn. As Monsanto's vice president of its global vegetable business told the *LA Times* in August 2011, "Given how sweet corn is normally sold – by the ear, in larger bins in produce sections of the market – it's not really something that can be easily branded." GM corn has been one of the four major GM crops grown in the world – along with canola, soy and cotton – but, until now, this was mostly hard corn used for processed food ingredients and animal feed. Different corn varieties have different qualities and are grown for different reasons. There are no GM popcorn varieties on the market, for example.

GM sweet corn will be the first GM insect resistant (Bt) crop in the world to be widely consumed as a whole, unprocessed food. While GM soy, corn, canola and cotton are used in many processed food ingredients, GM fruits and vegetables (with the possible exception of some U.S-. grown squash varieties and papaya) have yet to make it to the produce section of Canadian grocery stores. Monsanto removed its insect resistant potato from the North American market in 1995 because of consumer pressure. Last year in India, Monsanto's Bt eggplant was stopped and while GM tomatoes are iconic GM foods, they barely made it onto shelves and have not been seen since 1998. (For an updated list see, see www.cban.ca/gmfoods))

Monsanto's GM sweet corn is both insect resistant and herbicide tolerant. This means that the new GM sweet corn can be also sprayed more often with Monsanto's herbicide called Roundup. Monsanto calls its new sweet corn the "Performance Series" and the varieties are sold to farmers with names like Temptation II, Obsession II and Passion II.

Monsanto's GM sweet corn is engineered to be toxic to particular insects. The GM technology transforms the corn plant into a pesticide. In fact, the toxin from the soil bacteria Bacillus thuringiensis, or Bt, is expressed in every cell of the plant including the corn kernels. If certain insects, including the European corn borers, corn earworms, fall army worms and corn rootworm larvae, try to eat the corn, they will die. The Bt toxin attaches to receptors in the gut of some insects, rupturing the gut and killing the insect.

Health Canada approved the use of different GM insect resistant (Bt) and her-

bicide tolerant traits in corn between 1995 and 2011. However, none of these safety assessments explicitly evaluated the consumption of GM corn as sweet corn. Instead, Health Canada assumed the dietary exposure of Canadians would be limited to GM field corn used for animal feed and processed food ingredients. Canadians have no way of knowing how extensively Monsanto has studied safety questions relating to human consumption of sweet corn/whole, unprocessed kernels. Such studies remain "Confidential Business Information" and Health Canada does not conduct its own safety tests, such as animal feeding trials.

While Monsanto is right that "Bt protein comes from a helpful, naturally occurring bacteria that is often used as an insecticide by organic farmers," spraying Bt on plants is entirely different from splicing Bt genes into the plants, which then become toxic. Studies show the Bt toxin protein is not always fully broken down in the gut and a comparative analysis of available data conducted by researchers in France shows that three Monsanto GM corn varieties (two of which were Bt) show signs of toxicity in rat feeding trials, affecting the immune system, liver and kidneys. (de Vendomois et al, "A Comparison of the Effects of Three GM Corn Varieties on Mammalian Health," *International Journal of Biological Sciences*, 2009). The researchers conclude, "These substances have never before been an integral part of the human or animal diet and therefore their health consequences for those who consume them, especially over long time periods are currently unknown."

Last year, researchers at the University of Sherbrooke in Quebec found significant levels of the Bt protein in the blood of pregnant women and in the blood supply of foetuses. Though the detection method used in the study is being questioned, this and other research results need to be investigated through long-term studies. In the meantime, Syngenta is facing new criminal charges for concealing the results of a 1996 company study on a Bt corn that was shut down when four cows died after just two days of consuming the GM corn. Ten years after his initial court case, German farmer Gottfried Gloeckner is charging that the company withheld information about a known link to animal mortality.

Lucy Sharratt is the coordinator at Canadian Biotechnology Action Network www.cban.ca

Empower yourself. Inspire others.

Experienced practitioners integrate western medical knowledge with the wisdom of the east. From self-healing practices to entrepreneurship, Langara offers specialized holistic health programs designed to empower you as a certified practitioner.

Certificate programs include:

- Spa Therapy & Holistic Massage
- Shiatsu Therapy
- Holistic Image & Style Advisor
- Expressive Arts Therapy
- Cranial Sacral Therapy
- Advanced Integrative Energy Healing
- Yoga Teacher Training
- Advanced Yoga Teacher Training

For more information:
604.323.5926 | www.langara.bc.ca/hhs

Integrative Energy Healing (IEH)

ADVANCED IEH | IEH FOUNDATIONS

Learn the skills to be an IEH certified therapist and awaken the body's innate healing potential.

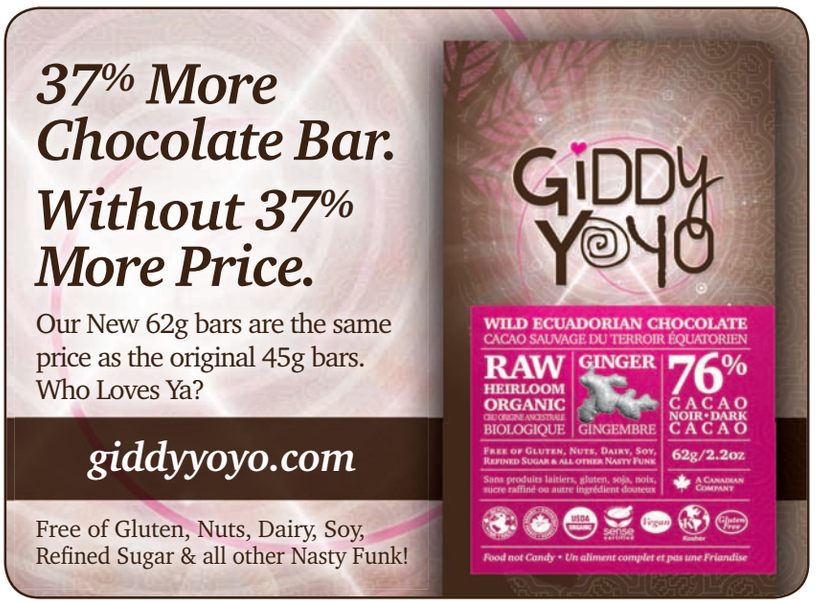
Image Consulting

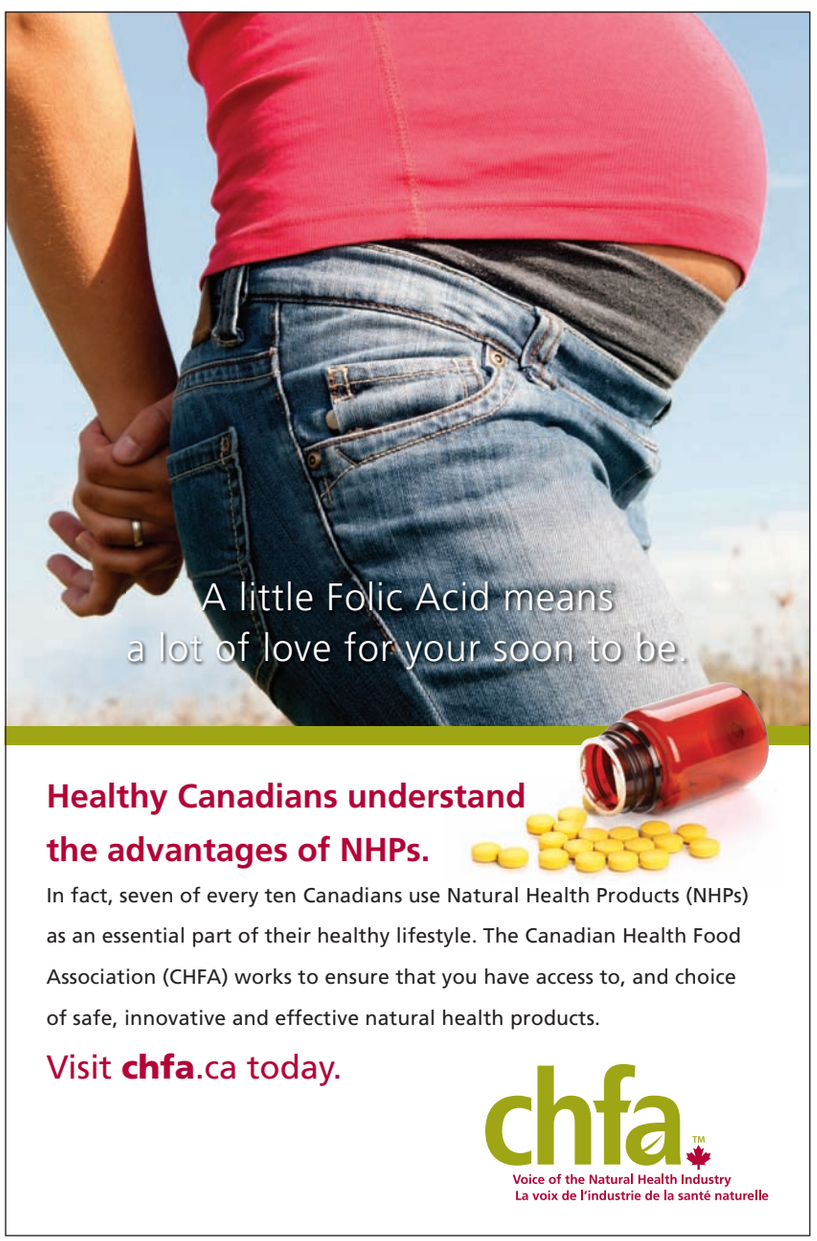
HOLISTIC IMAGE & STYLE ADVISOR

Expand your unique abilities with training that gives you a competitive edge in the Image Consulting industry. Discover the technical, practical, and creative business skills needed to succeed.

REGISTER NOW FOR THE FALL 2013 INTAKE

Langara.
THE COLLEGE OF HIGHER LEARNING.




A little Folic Acid means
a lot of love for your soon to be.
Healthy Canadians understand the advantages of NHPs.
In fact, seven of every ten Canadians use Natural Health Products (NHPs) as an essential part of their healthy lifestyle. The Canadian Health Food Association (CHFA) works to ensure that you have access to, and choice of safe, innovative and effective natural health products.
Visit chfa.ca today.
chfa
Voice of the Natural Health Industry
La voix de l'industrie de la santé naturelle

... **Under siege** *from p.7*

uct has been sold safely for decades or is easily available cross border or online, Health Canada can remove it from health food store shelves.

Canadian retailers will still be able to sell proven unsafe products like cigarettes, alcohol, peanuts, shellfish, junk food, artificial flavours, dyes and high sugar drinks without any concern over enforcement for selling these unsafe, unhealthy products.

Canadian doctors will still be prescribing proven harmful pharmaceutical drugs sold through Canadian pharmacies without any concern over enforcement even though those drugs *do* kill people.

Health Canada will control the food you eat and the medicine you use.

I believe Thomas Jefferson said it best: "If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny." Thomas Jefferson (1762-1821), Third president of the USA, author of the *Declaration of Independence*.

I find it very unfortunate so few Canadians know this is happening. Will we be the people that have unwittingly allowed Health Canada to take control of our food and medicine?

Mark February 4th, 2013 on your calendar and take control of your own health. To find out more about your eroding health freedom choices, visit http://www.powerhealthradio.com/natural_health_canada.html

- Deane Parkes, president of Preferred Nutrition, www.pno.ca

It's time for a revolution in natural medicine Will you take a stand?

It is an illusion that dietary supplements, herbs, homeopathic medicines are dangerous. The fact is they prevent illness, build up our immune systems and save lives. If you believe in these micronutrients and you know they work, why would you not stand up and protect them for our children?

We are very caring people, mostly women who work on the front lines in health stores across North America. We care deeply about our customers and patients.

Many of us make a meagre wage, but we give 100 percent to each person who comes through the door. This is the most rewarding work to help someone heal and recover to achieve a better quality of life. We should all be proud as an industry. None of us have ever hurt, maimed or killed any of our clients, unlike artificial drugs that have done so to millions of our loved ones.

Will Canadians be healthier or safer if the only products available to them are ones that Health Canada has deemed acceptable? No offence, but this scares the crap out of me.

Yet we stand by helplessly as our livelihoods and the products that keep Canadians healthy are being taken away. I feel our industry is going to have to go through a revolution and our goal must be to wake every Canadian up.

Most consumers are completely unaware of the travesty going on via a complete mass media blackout so we must educate them and empower the industry to realize we have solutions.

My dear friend and colleague Dr. Eldon Dahl ND has only served the people, by providing safe high potency, natural dietary supplements to other NDs across Canada, yet he may be serving two years in jail. Can you all sit by and let this happen? You know if we do not stop this injustice, you could be next. Trust me, this has been going on in the US for many years. Innocent people like you and I are in jail in the US for developing and selling proven, safe herbal or micro nutrients. If we allow *UPLAR to pass, we can say goodbye to our freedom about our health choices.

I believe in this industry. I believe in the dedicated people working with Natural Health Freedom Canada. These are some of the most courageous, fearless, strong and driven leaders, especially NHFC executive director Marilyn Nelson, who is one of the most altruistic intelligent and compassionate women I have ever known.

Natural Health Freedom Canada has the solutions *continued p.23...*

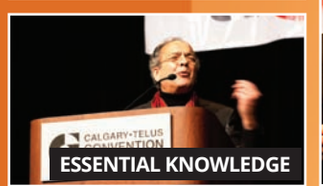
The Seed Event Vancouver 2012

www.seedevent.org

Must See Event of 2012!

Learn about the infinite possibilities of the human mind, body & soul and how your world can be transformed from the inside out. More than a conference, The Seed Event supports people to incorporate into their lives contemplation on the meaning of existence, who we are, and what our ultimate purpose is. Created on the principle of inclusivity, and dedicated to the realization of Oneness, The Seed Event is for everyone.

Spend time in the SEED Cafe, Tradeshow & Marketplace featuring cutting-edge products, services, and organizations in wellness, education, business, sustainability, spirituality, the new economy & more.



KEYNOTE TICKET

Student $49 | Adult $69

ALL DAY PASS

Student $99 | Adult $149

Limited VIP & Reserved Seating Available

+ Applicable tax and service charges

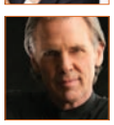
SEED EVENT AT A GLANCE

10am | Opening Ceremony

10:20am - 12:00pm
Living Nutrition
DAVID WOLFE
World Renown Nutrition & Longevity Expert

12:00pm - 12:30pm Break

12:30pm - 1:15pm
Love Is The Answer to Purpose
KAREN McGREGOR
Leading Intuition Expert



1:15pm - 2:00pm
Ancient Wisdom: The Gateway to Modern Success
JEFFREY ARMSTRONG
Western Master of Eastern Wisdom

2:00pm - 2:30pm Break

2:30pm - 3:00pm
The Nature of Addictions
NIRMALA RANIGA
Freedom from Addictions Expert

3:00pm - 4:00pm
The Future of Life As We Know It
GERALD CELENTE
World's #1 Trend Forecaster

4:00pm - 6:00pm Dinner Break

VIP Receptions :
Gerald Celente & Adam Dreamhealer

6:00pm - 7:30pm
Unlocking Unlimited Human Potential
ADAM McLEOD
World's Most In-Demand Healer

7:30pm - 8:00pm Break

EVENING KEYNOTE
8:00pm - 10:00pm
Spiritual Solutions
DEEPAK CHOPRA
Top 5 Speaker in the World

The Seed Event is a not-for-profit event that exists to share messages of global oneness, truth and realization with all who seek positive change within themselves and in the world.

uend:poverty

ODD Squad

RAINCOAST CONSERVATION FOUNDATION

FIGHT
INFLAMMATION
AND
PAIN
TRISTAR NATURALS
★ Purity ★ Potency ★ Freshness
Serrapeptase is a natural, scientifically researched "miracle enzyme" that has demonstrated great healing capabilities. It can help reduce inflammation and pain, while also dissolving blood clots, cysts and scar tissue. Say "Yes" to Serrapeptase and "No" to pain today!
TRISTAR NATURALS
★ Purity ★ Potency ★ Freshness
Serrapeptase
Serratia Peptidase Enzymes
100,000 U
Practitioner Series
Recommended by Dr. Zoltan Rona
120 enteric coated capsules
An anti-inflammatory to reduce pain
A natural pain control substance, plus an excellent alternative to NSAIDs
Helps to dissolve dead or non-living tissue
Enteric coated capsules for easy transition from the stomach to the small intestines before dissolving
"The purity, potency and freshness of TriStar Naturals products make them a brand Canadians can trust for their better health needs."
Dr. Zoltan P. Rona
Watch Dr. Rona's video "Serrapeptase - Help is finally here!" by scanning this code with a QR reader app on your smartphone.
You Tube
www.TriStarNaturals.com
The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

An apple a day

When I grew up we had a saying, "An apple a day keeps the doctor away," a reminder that it was healthy to eat fruit. Fast-forward to 2012 and the apple's image as a healthy, natural food is about to be undermined, with "non-browning" GM apples next up on the list of biotech foods seeking approval.

It seems apple consumption has fallen and the industry considers that eating a whole apple is too much for us these days, claiming that sliced apples are easier for consumption. They are becoming popular as healthy snacks and even McDonalds now includes them in Happy Meals for children. It has also been pointed out that a non-browning trait would help growers, packers and produce stockers, who discard a lot of apples with minor bruising. The "Arctic" apple will be genetically modified to reduce production of polyphenol oxidase – an enzyme responsible for browning – so the apple doesn't turn brown after being sliced (or bruised). Point of interest: A splash of lemon juice does the same.

According to Canadian Biotechnology Action Network (CBAN, www.cban.ca), modified apple DNA will be inserted along with genetic sequences from at least three different species: 1) A regulatory gene switch from a plant virus (Cauliflower mosaic virus promoter: CaMV 35S) 2) A terminator sequence from a bacterium (Agrobacterium tumefaciens) 3) An antibiotic resistance marker gene from a bacterium (Streptomyces kanamyceticus).

It seems apple consumption has fallen and the industry considers that eating a whole apple is too much for us these days.

Also at issue is where in the apple genome the new gene sequences get inserted, as gene insertions and processes of genetic engineering can cause injuries and disruptions (mutations) within the plants' own genetic makeup. This question is highly relevant to apple growers because the apple genes to be switched off may also play a significant role in plant resistance and defence against disease and pests.

This concern becomes even more relevant in light of the findings of biochemist Ann Powell and her team from the University of California, who recently pinpointed the genetic mutation responsible for the loss of sweetness in tasteless supermarket tomatoes. Disabling the GLK 2 gene in tomatoes created an unintended consequence: fruit that tastes like cardboard. This is because disabling this gene affected the development of chloroplasts in plant cells, responsible for converting the energy of sunlight into sugar. Tomatoes with the normal level of GLK2 gene were 20 percent sweeter and contained 30 percent more lycopene phytonutrient.

We seem to be living in blissful ignorance of the vital role human nutrition plays in maintaining the body's primary functions in good working order. The flavour of food is indicative of its nutritive value and when it tastes like cardboard there can be little point in eating it. Today's statistics for preventable diet-related diseases indicate we have a major problem that centres on the food we are eating. It's time to go back to eating the way nature intended us to. We must ask biotech companies to stop playing with our food.

The Arctic apple is pending approval in both the US and Canada and will be available first in Golden Delicious and Granny Smith varieties. If this 'fruit' gets approved, we may be saying, "An apple a day can be a dangerous thing."

Carolyn Herriot is author of **The Zero-Mile Diet: A Year-round Guide to Growing Organic Food** and **The Zero-Mile Diet Cookbook: A Seasonal Guide to Delicious Homegrown Food.** (September 2012 release, Harbour Publishing.) www.earthfuture.com/gardenpath
www.cban.ca/donate

WHICH WOULD YOU RATHER EAT?

EAT BETTER. EAT ORGANIC.

Nature's Fare Markets | Kamloops Kelowna Langley Penticton Vernon West Kelowna
Live well. Live Organic. www.naturesfare.com

LOCAL · ORGANIC · BISTRO · PRODUCE · GROCERY · VITAMINS · SUPPLEMENTS · BEAUTY · HOUSEHOLD

Pasture to Plate

Grassfed Meats!

The Butcher on The Drive
Beyond organic; bio-dynamic from pasture to your plate.
1420 Commercial Dr, Vancouver • 604-215-0050
www.pasture-to-plate.com

School of Western Herbal Medicine

Where you see danger, we see medicine.

Explore the world of medicinal plants:
- Community Herbalist Certificate (270 hours)
- Diploma of Phytotherapy (2130 hours)
- Dual Diplomas of Acupuncture and Phytotherapy (3645 hours)
- Dual Diplomas of Phytotherapy and Holistic Nutrition (3345 hours)

Canada Student Loans Available! · College of Practitioners of Phytotherapy · PCTIA Accredited · American Herbalists Guild · CHA of BC

PACIFIC RIM COLLEGE

Accepting Applications for 2012 and 2013 Programs • www.pacificrimcollege.ca
229-560 Johnson Street, Victoria, BC • e: info@pacificrimcollege.ca

... ***Our food*** *from p.8*

right to freedom of expression. You and I have the right to put anything into our bodies, as ruled by the Supreme Court of Canada, unless it's an illegal and controlled substance. Are vitamins, minerals, herbs and enzymes illegal? Not yet.

Since 2004, against the wishes of the Canadian Parliament and the Canadian public, we have had Health Canada (HC) and their Natural Health Products Directorate (NHPD) forcing NHP producers to water down their safe and effective product formulations, put unnecessary warning labels on them and deny NHP licenses with often no scientific basis other than "expert opinion" all under the guise of "protecting the health and safety of Canadians" as goes their mantra. Health Canada's approach, as in the TrueHope case, is causing harm to the natural health industry and to the people who rely on these world-class health supplements. It talks a lot about risk vs. benefit, but it doesn't apply the same rigors to genetically modified foods (GMOs), products that are full of artificial dyes and chemicals, or to drugs. Over-the-counter and prescription drugs kill about 20,000 Canadians a year, according to an article published by Conservative MP, Terrance Young whose daughter died from a drug called Prepulsid. When will you have had enough of this?

You and I have the right to put anything into our bodies, as ruled by the Supreme Court of Canada, unless it's an illegal and controlled substance.

In 2001, I injured my shoulder and biceps tendon while white water kayaking and was enthusiastically prescribed Vioxx by my doctor to deal with the inflammation. It made me feel very sick. In 2005, I cut my leg while rock climbing and developed an infection for which I was given Ciprofloxacin. I didn't know what else to do. Five years later, I read that this class of antibiotics is known to cause many problems, including tendon rupture, tissue wasting and too many serious problems to even list here. Many people have had the same experiences. I visited UBC Sports Medicine Centre in 2010 and was diagnosed with cartilage damage to the talus joint in my foot as well as a partial tear of my supraspinatus tendon. Could the Cipro have done this? It's quite likely. Vioxx was found to be responsible for the death of tens of thousands of people and major lawsuits have resulted.

Former Health Canada senior drug reviewer Dr. Michele Brill-Edwards, who resigned in disgust at the direction of the agency, told the *Globe and Mail* in 1997, "It's becoming more and more evident that the department considers that the client of Health Canada is not the Canadian citizen, who has a right to know about the benefits and risks of a drug. They consider the client to be the [pharmaceutical] industry."

In 2004, the Stephen Harper campaign had this to say about natural health products in the "One Conservative Voice" campaign platform document: "A Stephen Harper government will pass Dr. James Lunney's Bill C-420 to regulate NHPs as food-style rather than drug-style products." He also states "health care is a provincial jurisdiction."

Mr. Harper, do you need some Ginkgo Biloba to stimulate your memory? Soon, you'll need a doctor's prescription like in the EU where such things are basically illegal without it. Oh, wait, doctors don't know anything about herbs. Never mind.

Write or call your Member of Parliament today and demand that GMO foods be labelled and that the NHPD and Health Canada stop their charter rights violating attack on safe and effective natural health products by suspending the current regulations until an independent review is conducted. Visit www.cban.ca and http://www.carighttoknow.org/ to learn about labelling of GMO foods. Also see www.naturalhealthfreedomcanada.com and www.powerhealthradio.com to learn how to preserve your right to choose your natural health care options.

Adam Sealey is a health freedom activist who is deeply concerned about the looming loss of our natural and holistic healthcare options and basic freedoms. He is still in recovery from the damaging effects of pharmaceutical prescription anti-biotic and anti-inflammatory drugs. He can be reached at siddartha069@yahoo.com

Keep your body
"in the pink"
4, 8, 18, 36
Detoxify
& Revitalize
your liver with Milk
Thistle liquid!
Milk Thistle liquid is excellent to help cleanse your body of nasty toxins. Also featuring the benefits of Sea Buckthorn Berry, this superior formula can help keep you "in the pink" of good health.
• Detoxify your liver from environmental and ingested toxins.
• Help reduce the toxic effect of taking a large amount of prescription drugs.
• Promote long-term liver health.
• Excellent digestive and weight management aid.
hübner
healthy living
Milk Thistle
in a base of Sea Buckthorn Berry
500 ml
MADE IN GERMANY
nāka
www.NakaHerbs.com
Live well and live healthy with Naka Herbs and Vitamins
Check us out on
The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

Phil Watson

Label GMOs

California leads with Proposition 37

The battle in California over Proposition 37, which would require labelling of foods containing GMOs, is really heating up. Millions of dollars are already pouring into the opposition campaign, with much of it going to former Big Tobacco shills.

"As California goes, so goes the nation" and Monsanto knows this very well. That is precisely why its coalition of dozens of chemical, biotech, agribusiness and huge food conglomerates have dumped over $24 million to squash the California Genetically Modified Food Right to Know Act in November. This California ballot measure was originally inspired by a northern California housewife concerned about the health impacts of GMOs on her family and future generations. A burgeoning movement of citizens, organic farmers, natural food producers, health food stores, public health organizations and environmental groups joined together to put Proposition 37 on the ballot to defend our right to know what's in our food.

The stated purpose of the Act found in Section 2 is "to create and enforce the fundamental right of the people of California to be fully informed about whether the food they purchase and eat is genetically engineered and not misbranded as natural so that they can choose for themselves whether to purchase and eat such foods."

Among its findings and declarations are the following statements:

Genetic engineering of plants and animals often causes unintended consequences. Manipulating genes and inserting them into organisms is an imprecise process. The results are not always predictable or controllable and they can lead to adverse health or environmental consequences.

Government scientists have stated that the artificial insertion of DNA into plants, a technique unique to genetic engineering, can cause a variety of significant problems with plant foods. Such genetic engineering can increase the levels of known toxicants in foods and introduce new toxicants and health concerns.

Fifty countries, including the European Union member states, Japan and other key US trading partners, have laws mandating disclosure of genetically engineered foods. No international agreements prohibit the mandatory identification of foods produced through genetic engineering.

Organic farmers are prohibited from using genetically engineered seeds. Nonetheless, these farmers' crops are regularly threatened with accidental contamination from neighbouring lands where genetically engineered crops abound. This risk of contamination can erode public confidence in California's organic products, significantly undermining this industry. Californians should have the choice to avoid purchasing foods whose production could harm the state's organic farmers and its organic foods industry.

Polls consistently show that more than 90 percent of the public want to know if their food was produced using genetic engineering.

The full text of the Act can be found at http://d3n8a8pro7vhmx.cloudfront.net/labelgmos/pages/31/attachments/original/CA-Right-to-Know-Initiative12.pdf?1324916176

Meanwhile, over at 'GMO Central,' Monsanto has recently posted a web article called *Taking a Stand: Proposition 37, The California Labeling Proposal*, explaining why the biotech giant opposes the initiative (with a single donation of $4.2 million so far). According to Michele Simon, a public health lawyer writing for the *Huffington Post*, the Monsanto missive is "riddled with deception and outright falsehoods about the initiative and its proponents." In her article *Top 10 Lies Told by Monsanto on GMO Labeling in California*, Lie #8 says, "Beneath their right to know slogan is a deceptive marketing campaign aimed at stigmatizing modern food production."

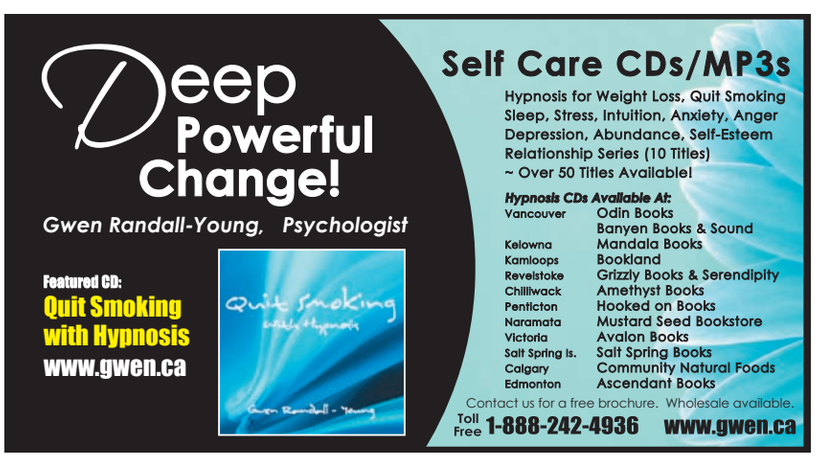
See the full article at http://www.huffingtonpost.com/michele-simon/top-10-lies-told-by-monsa_b_1819731.html

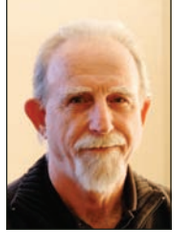
Much will be at stake on November 8 when California voters make their choice on Prop. 37. If it succeeds, it will very likely have a domino effect for labelling GMOs in other US states and in Canada as well.

Join the campaign to demand labelling of GMO foods at www.carighttoknow.org Visit www.commonground.ca for additional information about Prop. 37.

Become a
LEAN
GREEN
ENERGY
machine!
Vital GREENS liquid gives you a liquid boost of essential green nutrients to help you maximize your sport and work performance.
• Ginseng to help energize
• Chlorophyll to detoxify and deodorize
• Superfood Complex to aid pH balance and help stop cravings
• Nutrients and botanicals help with digestion
• Take just one liquid tablespoon a day!
"I recently had a sample of Vital GREENS and it was AMAZING!! I am a world ranked powerlifter and Vital GREENS has completely surpassed my expectations by increasing my energy and focus. All this nutrition packed into one bottle. This is simply unbelievable!"
"Vital GREENS is the best on the market!"
► Barry A. – Powerlifter
nāka
Vital GREENS
A liquid boost of essential green nutrients plus a great mint flavour
500 ml
"Vital GREENS was promoted to me when I was co-organizing a Triathlon. I took a sample and shortly after I felt like I had a nice boost of energy. Since that day, I've been taking Vital GREENS in the morning and I have a lot more energy than I used to."
"I won't go without this product any day!"
► Genevieve L. – Triathlon co-organizer
No mixing of goopy powders!
Superior liquid bioavailability
nāka
Check us out on
www.NakaHerbs.com
Live well and live healthy with Naka Herbs and Vitamins
The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

Sufi Meditation Center
A Path To Divine Healing
Classes & Programs
Sufi Healing Meditation
Building Spiritual Energy
Sacred Sufi Chanting Meditation
Sufi Whirling & Chanting
Sufi Sound Therapy & Realities
All Sessions Free Walk Ins Welcome Classes include Sacred Chanting, Energy Work, Sufi Teachings and Ancient Realities.
Spiritual Cafe filled with love and Healing
604-558-4455 SufiMeditationCenter.com
Come In and Enjoy Our Healing Teas at our Rumi Rose Cafe
3660 E Hastings / Boundary 9am - 8pm Daily





Mac McLaughlin

ZODIAC

StarWise September 2012

WE START and finish the month with full Moon energy. The blue Moon on August 31 carries its effects into early September. The Moon is bright. The combination of being full and in Pisces is bound to bring up some strong emotional energy. People tend to talk about their problems, fears, hopes and dreams under the Pisces Moon. We open up and let it all out.

It may be wise to keep careful watch over alcohol and drug consumption, as things can get crazy in a heartbeat with this dynamic energy unfolding. The end of the Month has similar vibes as we experience the harvest Moon on September 29. This full Moon is loaded and potently mixed with some strong planetary aspects throughout the day and it won't take much to spark all kinds of action/reaction scenarios. The whole point of the drill is within the understanding that fore-knowledge of planetary situations can help us objectify energy and work with it, rather than against it. On a day such as September 29, it would be very wise to behave with restraint and caution. Not fearfully so, but in the sense that we can work towards

ARIES Mar 21 - Apr 19
Lead the way! How, you ask? Stay true to yourself, honest and original. Aries types make excellent leaders because they are able to cut through the red tape and get directly to the point. Remain open and alert, as this is a time of great revelations and internal revolutions. Fate and destiny guide the way.

TAURUS Apr 20 - May 21
You will have to play nice as Mars spends the month in your opposite sign Scorpio. Contention, tension, competition, attraction and aggression are just a few keywords that describe the September vibes. All kinds of mini battles and disputes may arise. Home, family and real estate activities are featured. Excitement and good times go into the mix.

GEMINI May 22 - Jun 20
Home, family and career activities dominate the calendar. Expansive Jupiter is practically standing still in the middle of Gemini throughout September and October bringing Jupiter's blessings of abundance and good fortune. You can enjoy the good times, but you would be wise to go for the gusto and attain your goals and dreams.

CANCER Jun 21 - Jul 22
You will have some important decisions to make as September kicks into gear. Financial, professional and personal hurdles must be overcome. Once that is settled, whatever it is, you will be able to concentrate on making the best use of your time and energy. Opportunities for advancement are in place. Stay keen and alert.

LEO Jul 23 - Aug 22
Venus pays a visit for most of the month bringing her special energy on board. Resources may get a boost and so too will your personal magnetism. Mars squares off with Venus indicating all kinds of intense attractions and reactions. If you love the spotlight, which most Leos do, then this is your time to shine.

VIRGO Aug 23 - Sep 22
You're in your solar high of the year, plus you start the month off with a bright full Moon bringing all kinds of revelations and realizations into your awareness. The Virgo new Moon on September 15 hints at a new start and a new leaf turned over. Opportunity awaits thee. Move forward with confidence.

Best Place Immigration
• Professional advice on all immigration categories
• Authorized personal representation to Immigration Canada
• All application preparation and appeals
Ron Liberman Member, ICCRC, No. R414399
Immigration Services 778-373-4928
For a FREE assessment visit: www.bestplace.ca

positive resolution rather than adding more indebtedness karma-wise.

Although we're having fun lying on the beach or hovering over the barbie, our minds are elsewhere – we're thinking about school, the kids, work, career and myriad other things we know we must get to, tend to, soon. The summer is coming to an end and we can feel it. The fall equinox takes place on September 22. The instinct, Virgo instinct that is, is to organize and prepare for the coming colder seasons, thusly we have the harvest along with the impetus to order up, clean up, prepare and repair before winter sets in. Organize and systemize is the Virgo vibe. It's back to the books; well, at least it used to be books. Now it's some tiny, handheld device created by the Virgo nerds themselves, no doubt. He he, just kidding, sort of. Virgo is all about the details of any particular thing. They say that Virgo cannot see the forest for the trees, but Virgo will probably know everything about that tree and its environment and its needs and requirements to keep it healthy. What would we do without our Virgos to guide us along the proper path, err, correct path, right path? Anyway, dear Virgo often has the right answers. Virgo gone wrong is another story. Let's save that one for another day and roll up our sleeves and get at it.

LIBRA Sep 23 - Oct 22
The Sun enters Libra on September 22, bringing you into your solar high of the year. You may be adjusting to the change of circumstances in your life that has taken place over the last 30 months. The full Moon on September 29 brings important revelations your way and a few surprises to boot.

SCORPIO Oct 23 - Nov 21
Mars moves through Scorpio throughout the month bringing courage and stamina. Mars also stirs things up and heated battles may come into play. Think long-term as Saturn visits Scorpio for the next two years and it may be wise to learn to live with less, especially less stress. Now is truly the time to make some changes.

SAGITTARIUS Nov 22 - Dec 21
Jupiter casts his blessings in the form of opportunities for advancement and spiritual growth. Travel, education, publishing and gambling are featured. Politics and law are topics that may flourish while this transit is going on. September offers hurdles and some tension that must be overcome. Career and family are feature topics throughout the month.

CAPRICORN Dec 22 - Jan 19
Travel, law, along with writing, publishing and education are featured. You may long for a deep drink of spirituality to slake your thirst for something higher, something transcendent. No matter what you acquire, you'll only want more. It never ends and we are never satisfied. What to do? Let go and let God run the show.

AQUARIUS Jan 20 - Feb 19
Jupiter and Saturn cast their blessings, Uranus and Venus too. Jupiter brings good luck and good fortune. Saturn brings harmony, balance, rhythm, wisdom and sobriety. Uranus brings a form of originality and creative fluidity. Venus brings love and affection, resources and a whole lot of creativity. All we need now – is you!

PISCES Feb 20 - Mar 20
The full Moon on August 31 takes place in Pisces. It will bring an understanding of how things are and how things will be. Pay attention to your dreams, as the symbolism in them may offer significant clues to your daily concerns. You may have to work a bit harder to accomplish your goals in September.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109

REAL Wealth Is Good Health!
NATURAL HEALTH SCIENCE
Custom Orthotics for
• Pronation/Supination
• Foot/Heel/Back Pain
• Athletic Shoes
• Diabetics
Reclaim Your Foot Prints!
Tel: (604) 767-4445
Web: NaturalHealthScience.ca

THE INSTITUTE OF SHAMANIC MEDICINE
Free Open House
Vancouver September 6 • 7PM
The Seven Veils of 2012-2013
Calgary September 5 • 7:30PM
Beyond 2012:
Moving Forward into the 5th World
RSVP to info@shamanicmedicine.ca
Shamanic Coaching Training Starts Fall 2012
Email us for more info & to receive our newsletter.
WWW.SHAMANICMEDICINE.CA 877.329.8668

An Oasis for your Spiritual Journey
Swanwick Centre
Step out of your everyday reality.
Connect with nature and spirit at this beautiful 32-acre, ocean-front sanctuary near Victoria, BC.
Upcoming group retreats:
September 28-30
The Journey of Awakening
October 5-8
Nondual Wisdom and Psychotherapy
with John Prendergast, PhD
Swanwick Centre
Retreats Workshops Rentals
www.swanwickcentre.ca
swanwick@shaw.ca
250.744.3354

The 3 Critical Skills for Success in Your Workshop, Retreat and Seminar Business!

By: Callan Rush
Guest Contributor

In my 10+ years leading, promoting, facilitating (and participating in) Workshops and Seminars… I've discovered Everything you need to be successful in your workshop business falls under these 3 skill sets:

Magnetize – Mesmerize – Monetize

Magnetize is about knowing how to create magnetic marketing that attracts droves of your ideal clients to you... and to your events. Whether it's using email, Facebook, offline ads, posters, brochures etc... it's about knowing exactly which communications to put out there... and exactly when they need to go out. The result, of course, is having each of your events completely filled with eager participants!

Mesmerize is about designing and delivering your workshops in such a way that everybody learns, has fun and falls in LOVE with you and your information! Most importantly, your participants leave with their issues and challenges completely handled, as you've delivered value well beyond your promise!

Monetize is about learning to create massive profits with your workshop, seminar and retreat business. This includes learning the art and science of authentic selling... so it feels great for you to offer your programs and products to the world... and your participants are grateful for the opportunity to purchase them from you!

In working with several thousand clients over the years, I've noticed the majority of heart-based workshop leaders make one very dangerous mistake...

They Focus on the WRONG SKILLS… in the wrong order!

In fact, most Holistic Practitioners and Workshop Leaders believe if they become the BEST in their chosen field of expertise… then word will eventually get out and their events will magically fill themselves.

So they keep getting more training and more certifications. They focus exclusively on enhancing their Mesmerize skill set.

Well, you can be the most polished, most Mesmerizing workshop leader in the world… You can be the most knowledgeable in your field…You can have HOT products, programs and services, full of real solutions for people...

But none of it matters if you can't Magnetize people to you. You must focus on your MAGNETIZE skills first... it must be your TOP priority!

Simply put… it doesn't matter how great your events are if they're empty.

The GREAT NEWS is… filling your events with ideal participants is a very learnable skill… I'm proof of that :)

I invite you to join me at my upcoming workshop entitled, "Fill Your Workshops... With Ease!" Where you'll learn the "3 Massive Mistakes Workshop Leaders Make that Keep Their Event Rooms Empty" and how you can MAGNETIZE your ideal clients to you!

The event takes place shortly and Tickets are ~~$15~~ FREE when you mention you came from COMMON GROUND Call Kate at 1-888-686-7409

September 27 - Vancouver
Workshop Runs from 7-10 pm

"Fill Your Workshops...with *EASE!*"

Avoid the 3 Massive Mistakes Workshop Leaders Make that Keep Their Event Rooms Empty!

Join Callan Rush for this 3-Hour Workshop where You'll Discover:

- How to Effectively use "Word of Mouth Marketing" to Fill Your Next Workshop.
- The 2 Most Cost-Effective Strategies to "Get the Word Out" to New Clients.
- A Proven, Easy to Follow, 3-STEP SYSTEM to Fill All Your Workshops...Now and Forever!

Tickets are ~~$15~~ **FREE** when you Pre-Register Now Call Kate at 1-888-686-7409

Thurs, Sept 27 in Vancouver

Workshop Runs From 7-10pm

... ***Under siege*** *from p.14*

and has been working for years to finally be at this place, to do the best work we have ever done to protect our rights and freedoms.

As a mother, healer and health freedom advocate, I beg you all to please stand with us, join our cause, your cause and support our legal injunction. Please value what we have put on the line for you all.

Donate now on Pay Pal. Support our political/public campaign across Canada.

NHFC has the solutions. Get educated and empowered at www.natur alhealth-freedomcanada.com. If health freedom is important to you and your loved ones, support upcoming legal and public campaigns. Sign on to NHFC's newsletter and blog. If you have questions or want to help, join the "Contact Us" page. Donations can be made via Pay Pal on the site or send cheques and money orders payable to: Natural Health Freedom Canada, 8931 78th Ave. Edmonton, Alberta, T6C 0N7.

– Candace Hill-Trevena, co-founder of Natural Health Freedom Canada. www.naturalhealthfreedomcanada.com

*Natural Health Products Unprocessed Product Licence Applications Regulations.

... ***Pollinators*** *from p.9*

artificial ground fabrics. 4) Talk to your neighbours, friends and family about pollinators and pollinator-friendly gardening practices. Some might find it hard to strike up a conversation with neighbours about something like pesticide use. If you display signage in your garden showing you don't use pesticides or that you are working to create a pollinator habitat, it might be a good way to start the conversation with your neighbours.

The two best places I would suggest for more information are the Pollinator Partnership (www.pollinator.org) and (www.xerces.org). The Xerces Society for Invertebrate Conservation is an international nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat. The new book, *Attracting Native Pollinators: Protecting North America's Bees and Butterflies* may be purchased on their website. Lastly, watch *The Beauty of Pollination* at http://www.youtube.com/watch?v=xHkq1edcbk4

Alastair Gregor writes the Good Eats column in Common Ground. Look for it again in the October issue. alastair@commonground.ca

OPEN HOUSE 2012
10am - 3:30pm
Relax, Enjoy Refreshments & Attend Complimentary Lectures
• Info on Course / Curriculum & Career Opportunities
• Natural Health Exhibit
• Book Sale
• Win Door Prizes

The Institute of Holistic Nutrition *"The Industry leader in training nutrition professionals"*

10:00-11:30 am
The Fundamentals of Nutrition:
Optimal Digestion for Life
With Briony Martens, BSc ROHP

12:00-1:30 pm
The Psychology of Disease:
Language of the Body: The Organs & Emotions
With Ruth Lamb, RN PhD

2:00-3:30 pm
Nutrition Through the Lifespan:
The Milk Myths: Does it really do your body good?
With Dr. Jason Marr, ND

Saturday November 3rd
Vancouver Campus
604-558-4000
604 West Broadway, Suite 300
(one block west of the Cambie & Broadway skytrain station)

View Lecture Descriptions at
www.instituteofholisticnutrition.com

INSTANT RELIEF

Are you experiencing discomfort?

Often we think that it takes a long time to heal... with Colette's energetic clearings & corrections you will feel an instant shift!

"Since listening to Colette on Sheila Gale's show, a dull pain under my right shoulder blade is now completely gone. The pain was evident for 28 years. Have tried MANY modalities over the years...none were successful until I found Colette!" ~ Cynthia S.

Experience the Yuen Method™ and Feel Instant Relief from energetic blocks preventing you from achieving total Health & Vitality.

Colette Stefan
Certified Yuen Method™ Instructor
Featured on The Sheila Gale Show, The World Puja Network & JOY Radio
www.CrystalineVision.com

Demos & Seminars:
Victoria, September 20-24
Vancouver, September 26-30

Crystaline Vision
the art of intuition...

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you

The 8th Annual Vancouver International

HIP HOP 4 PEACE FESTIVAL

INTERNATIONAL

VANCOUVER B.C. CANADA

WWW.MAWOVANCOUVER.ORG

FREE & ALL AGES

MAWO MOBILIZATION AGAINST WAR & OCCUPATION

PEACE! AN ELEMENT OF HIP HOP

MC'S * DJ'S * BREAKDANCERS
GRAFFITI * WORKSHOPS & FORUM

OBSESIÓN! Pioneers of Cuban Hip Hop DIRECT FROM CUBA

SEPTEMBER 15 & 16 - 2012

SEP15 - ALL DAY OUTDOOR SHOW - Vancouver Art Gallery • 1PM - 7PM
ROBSON AT HOWE STREET - DOWNTOWN VANCOUVER

SEP16 - WORKSHOPS & FORUM - 5288 Joyce Street • 2PM - 6PM
NEIGHBOURHOOD HOUSE *1 BLOCK SOUTH OF JOYCE SKYTRAIN STATION

HIPHOP4PEACE.BLOGSPOT.COM
Mobilization Against War & Occupation - MAWO

Common Ground

Coastal Academy
of Hypnotic Arts & Science

Professional Hypnosis Training for New Careers, Personal Growth, or to augment Existing Skills

Leslie McIntosh

toll free 1.866.532.9126

Clinical Hypnotherapist Intensive Program Sept 10 – Oct 5
Clinical Hypnotherapist Part-time Program Sept 15/16
Continuing Ed for CHt's
- Peaceful Pregnancy Cert. Sept 7
- Core Transformations Sept 22/23
- Dr. Kourosh Edalati Emotional Intelligence Sept 20/30

Free Info evening on "Hypnosis as a Career" Sept 19, 7pm

REGISTER NOW TO HOLD YOUR SPOT

604.542.1914 info@coastalacademy.ca

www.coastalacademy.ca

"Profit From Your Practice!"

Avoid The 3 Massive Mistakes Most Holistic Practitioners Make That Stop Them From Making The Money They Desire & Deserve!

Fia-Lynn Crandall

Join Fia-Lynn Crandall for this 3-Hour Workshop Where You'll Discover:

- The #1 Secret Successful Holistic Practitioners Know To Make BIG Income Leaps Quickly!
- 5 Simple Steps to Shift From Doubt to Confidence Within Minutes!
- The Mistaken Mindset That Pushes Clients and Money Away (And How To Turn It Around Immediately!)

Tickets are ~~$15~~ FREE when you Pre-Register NOW.
Call Karen: 1-888-980-7526

Thurs, Oct 4 - Vancouver | Tues, Oct 16 - Victoria
Thurs, Oct 18 - Vancouver
Workshops run from 7-10pm

really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every individual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.

You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works…

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.

Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.

Learn the 3 most common myths
that keep many professional women unhappy and frustrated in their romantic relationships.

Join Liz Forrest for this 3-hour workshop where you will discover:
- how to find HAPPINESS AND FULFILLMENT by changing your habitual responses that create the opposite of what you really want
- 4 simple and profound practices that empower, energize and lead to clearer communication
- how to expand your awareness to energetically transform how you feel about yourself.

Wed, Sept 26, 2012 7pm - 10pm Tx $15 @ door
FREE when you pre-register @ 250-653-2046

CENTERPOINT yoga therapy
Learn It
Feel It
Integrate It

Yoga Therapy Workshops
at *Yoga on 7th* yoga studio

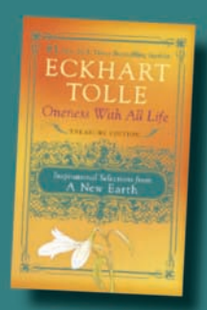
Sun. Sept. 23: Connecting the Feet & Pelvis with Myofascial Lines
Sun. Oct. 21: Yoga Therapy for Better Digestion

Leila Stuart, BA, LLB, RMT is a Yoga teacher and Registered Massage Therapist with over 35 years of yoga and teaching experience. Since 2001, her Anatomy of Yoga Therapy training has explored the principles and practices that make yoga a healing process. She teaches functional anatomy, movement repatterning and yoga therapy to yoga teachers and serious students, all within the context of yoga philosophy and self-transformation.

NEW: 800 HOUR TRAINING STARTS SEPT 2013!
604-536-7894 leila-yoga@shaw.ca www.centerpointyogatherapy.com

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*

Are you ready to be awakened?



A profoundly spiritual manifesto for a better way of life—and for building a better world.

Plume
A member of Penguin Group (Canada)
www.penguin.com

We're all UNIQUE...yet interconnected.
How do the pieces fit in?
Family Therapist Lynn Hoffman invites you to
GREGORY BATESON And The Rhizome CENTURY
Building Sustainable Webs for Life:
An interdisciplinary conference in Vancouver
October 23 - 25, 2012
Tickets Available Online @ therhizomecentury.com
Granville Island Performance Works
1218 Cartwright Street

Life unfolding

Whether or not it is clear to you, no doubt the universe is unfolding as it should. – Max Ehrmann

Much of our frustration with life comes when things do not go according to plan. We plan an outing and it rains, we do not get the job we hoped for, the relationship ends or illness happens. "This wasn't supposed to happen!" we say with dismay.

Like a child stacking up blocks, ego has a vision in mind and admires what it is creating. When the tower suddenly collapses, ego collapses too. There may be sadness, disappointment, anger, a sense of betrayal and unfairness, even utter devastation. Ego feels victimized and goes into contraction.

It is interesting to consider how the little child reacts to the blocks tumbling down. Isn't it true that most toddlers love it? They *know* a force outside of their control is eventually going to act on their little project. The game is to see how high they can build it before it falls. Sometimes, they like the falling part so much they will actually *make* it fall and delight in starting anew.

These children are little Buddhas. They know how it works and decide to have fun with it. They do not get attached to what they are building. They seem to know it is the process of building and rebuilding that is important, not the end result. We could learn from them.

Children... seem to know it is the process of building and rebuilding that is important, not the end result.

There is so much in life over which we have no control. A surfer has no control at all over the waves, but he can develop the ability to ride them. Similarly, life is less stressful when we understand it is about how we deal with challenges that is important, not hoping we do not have any, at least no big ones.

Imagine people were put into groups and they all had to build something with identical raw materials. They were told they would be evaluated in the end and they focussed on building the best, most creative, most outstanding "thing." Unbeknownst to them, they were not being evaluated on what they built, but rather on how they worked together, how they dealt with problems and frustrations and how the wellbeing of others was more important than "winning."

Who knows if we will have exit interviews at the end of our lives? Maybe we will have one with ourselves. Hopefully, by then we will have realized life is not a race or a competition, and neither fair nor unfair. It is an opportunity – an opportunity to work with whatever we are given and to grow and evolve in the process.

It is an opportunity to trust that we co-create with an unfolding plan, and even if we don't like what is unfolding, to consider the possibility that we are being guided in a different direction than we had planned – one that serves our highest good.

So many times I have counselled clients who were broken and devastated when their partner left them. They do not like this program and just want to press "delete." In time they do survive and eventually meet someone new. They tell me they cannot believe how wonderful this new person is, how much they have in common and how much better it is than their old relationship. The universe knew something they did not and made the blocks tumble down.

So it is okay to be sad, to grieve and to resist a little. Then start building something new.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and new "Creating Healthy Relationships" Series, visit www.gwen.ca See display ad this issue.

... **Chopra** *from p.29*

and understand this completely, you are ready to take responsibility for how you feel and to change it. And if you can accept things as they are, you are ready to take responsibility for your situation and for all the events you see as problems.

Responsibility

This leads us to the second component of the Law of Least Effort: responsibility. What does responsibility mean? Responsibility means not blaming anyone or anything for your situation, including yourself. Having accepted this circumstance, this event, this problem, responsibility then means the ability to have a creative response to the situation as it is now. All problems contain the seeds of opportunity and this awareness allows you to take the moment and transform it to a better situation or thing.

Once you do this, every so-called upsetting situation will become an opportunity for the creation of something new and beautiful and every so-called tormentor or tyrant will become your teacher. Reality is an interpretation. And if you choose to interpret reality in this way, you will have many teachers around you and many opportunities to evolve.

Whenever confronted by a tyrant, tormentor, teacher, friend or foe (they all mean the same thing) remind yourself, "This moment is as it should be." Whatever relationships you have attracted in your life at this moment are precisely the ones you need in your life at this moment. There is a hidden meaning behind all events and this hidden meaning is serving your own evolution.

Defencelessness

The third component of the Law of Least Effort is defencelessness, which means that your awareness is established in defencelessness and you have relinquished the need to convince or persuade others of your point of view. If you observe people around you, you'll see that they spend 99 percent of their time defending their points of view. If you just relinquish the need to defend your point of view, you will, in that relinquishment, gain access to enormous amounts of energy that have been previously wasted.

When you become defensive, blame others and do not accept and surrender to the moment, your life meets resistance. Any time you encounter resistance, recognize that, if you force the situation, the resistance will only increase. You don't want to stand rigid like a tall oak that cracks and collapses in the storm. Instead, you want to be flexible, like a reed that bends with the storm and survives.

Completely desist from defending your point of view. When you have no point to defend, you do not allow the birth of an argument. If you do this consistently – if you stop fighting and resisting – you will fully experience the present, which is a gift. Someone once told me, "The past is history, the future is a mystery and this moment is a gift. That is why this moment is called 'the present'."

If you embrace the present and become one with it and merge with it, you will experience a fire, a glow, a sparkle of ecstasy throbbing in every living sentient being. As you begin to experience this exultation of spirit in everything that is alive, as you become intimate with it, joy will be born within you and you will drop the terrible burdens and encumbrances of defensiveness, resentment and hurtfulness. Only then will you become lighthearted, carefree, joyous and free.

See **Deepak Chopra** in Vancouver at The Seed Event, October 13, at the PNE Forum. Deepak presents "The Future of Wellbeing." www.seedevent.org

Experience Divine Healing Hands with

Dr. and Master Zhi Gang Sha

World-Renowned Soul Healer, Soul Leader, Divine Channel

and Master GK Khoe and Master Peter Hudoba

Divine Channels and Worldwide Representatives of Master Sha

Master GK Khoe

Master Peter Hudoba

I have the power to heal myself.
You have the power to heal yourself.
Together, we have the power
to heal the world.
– Dr. and Master Sha

Dr. Sha is an important teacher and a wonderful healer with a valuable message about the power of the soul to influence and transform all life.
– Dr. Masaru Emoto
The Hidden Messages in Water

NEW!

Available Sep 11!

MD in China and certified doctor of TCM and acupuncture in China and Canada

Grandmaster of ancient arts including tai chi,qi gong, kung fu, *I Ching* and feng shui

Honored with the Martin Luther King Jr. Commemorative Commission Award in 2006 for his humanitarian efforts

Free Soul Healing Evening and Divine Healing Hands Blessings & Book Signing with Master Sha

Tuesday • September 11 • 7–10 pm • Free
Victoria Marriott Inner Harbour, 728 Humboldt St., Victoria V8W 3Z5
Register: DrSha.com

Four Power Techniques™: Introduction to Soul Healing with Master Sha

Wednesday • September 12 • 7–10 pm • $30
Victoria Marriott Inner Harbour, 728 Humboldt St., Victoria V8W 3Z5
Register: DrSha.com

Divine Healing Hands Free Soul Healing Evening with Master Sha

Thursday • September 13 • 7–10 pm • Free
Live in Vancouver or via webcast • Register DrSha.com

Open Your Spiritual Channels with Master Sha

Friday-Sunday • September 14–16 • 10 am–10 pm • $200
Live in Vancouver or via webcast • Register DrSha.com

Chanting for World Peace

Thursday • September 6, 20, 27, October 4, 11, 19, 26 • 5–6 pm • Free

Divine Healing Hands Certification Training with Master GK, Master Peter and Master Sha

Friday-Sunday • September 7–9 • 10 am–10 pm • $625
Apply: DivineHealingHands.com

Divine Healing Hands Free Soul Healing Evenings with Master Peter and Master GK

Friday • September 21, 28, October 5, 12, 19, 26
6–7:30 pm • Free

Intensive Meditation with Master Hudoba and Master GK Khoe

Maintaining the light gained during Master Sha's most recent events in Vancouver
Saturday-Sunday, September 22–23 • 1–4 pm • $45 per day

More than an invitation ... a sacred calling!

Location for all events unless noted: Love Peace Harmony Center Vancouver • 1280 Odlum Drive, Vancouver, BC, V5L 3L9
604.336.4833 • www.facebook.com/pages/Love-Peace-Harmony-Vancouver • www.LovePeaceHarmonyVancouver.com
Institute of Soul Healing & Enlightenment™ • 888.3396815 • DrSha.com • Facebook.com/DrandMasterSha

Are you being ELECTRI-FRIED?
EarthCalm Living Earth Technology
has been independently tested and certified to protect, restore and improve health.

Test # 62/2012
Valid thru 06-30-2015
Application: home/office
Earthcalm
EMF protection products
physical and biological effects tested by
IIREC
International Institute for Research on Electromagnetic Compatibility

Distinguished for providing "the healthiest means of protection" against disruptive electromagnetic fields from wifi, laptops, electricity, appliances, cell phones, cell phone towers, smart meters and geopathic sources. For anxiety, ADHD, pains, asthma, insomnia, depression, headaches, brain fog, hypertension, allergies, diabetes, Alzheimers, immune disorders…

Complete Home System $298
www.earthcalm.ca
90 Day Money Back Guarantee

Water as Nature Intended

Complete House Unit Special – Call for Prices

Water structuring units with geometric technology restore water's molecular & energetic state and needs no electricity or maintenance. Tested and endorsed by renowned scientists, Drs. Fritz Albert-Popp and Konstantin Korotkov. Lifetime Warranty on portable units and units for home, sink, shower, travel, pool, garden, farm. **Crops grow bigger, faster, uniform, healthier and 3 times more nutritious.**

Alkaline, Highly Absorbable, Memory Free, High in Oxygen, Hydrogen & Bio-Photons, Ion Free, Contaminant Free, & Rich in Healing Schumann Frequencies.

Rose Bushes
Before & After 9 Days

7 months of pool water w/ perfect readings without chemicals, etc.

www.photonicwater.ca

All Inquires 416-222-2368 1-888-993-9123

Live for Tomorrow™

✔ Plant & mineral based
✔ Biodegradable
✔ Non-toxic

✗ NO Sodium Lauryl Sulphate
✗ NO Phosphates
✗ NO Synthetic fragrances

Available in the cleaning aisle of quality grocery and natural health stores.
Full store list at www.live-for-tomorrow.com

Lose Weight . Lose Inches

50+ Years of Nutrition Research
Break the yo-yo dieting cycle, nourish your cells!

*Keep muscle
*Burn fat
*Lose inches

Visit:www.angelehappysoul.myshaklee.com

Shaklee Independent Distributor Coach Angele: 604-264-7332

"A serious candidate for the annual Top-10 lists" – AllAboutJazz.com

Available at
Dr. Vigari Gallery 1816 Commercial Dr
Highlife Records 1317 Commercial Dr

Preview, download or buy CD at
www.cdbaby.com

Health and the environment

Preventing illness is the best way to get healthcare costs down. So why aren't governments doing more to protect the environment? We've long known environmental factors contribute to disease, especially contamination of air, water and soil. Scientists are now learning the connection is stronger than we realized.

New research shows 60 percent of emerging infectious diseases affecting humans – those that rapidly increase in incidence or geographic range – starts with animals, two thirds from wild animals. Lyme disease, West Nile virus, Ebola, SARS and AIDS are just a few of the hundreds of epidemics that have spread from animals to people. A study by the International Livestock Research Institute concludes more than two million people a year are killed by diseases that originated with wild and domestic animals. Many more become ill.

According to an article in the *New York Times*, "Emerging diseases have quadrupled in the last half-century." The increase is mainly due to human encroachment into wildlife habitat and its destruction. For example, one study concluded a four percent increase in Amazon deforestation led to a 50 percent increase in malaria because mosquitoes, which transmit the disease, thrive in the cleared areas.

Another example from the article shows how interconnected life is. Development in North America has destroyed or fragmented forests and chased many predators away. This has led to a huge increase in white-footed mice, which carry Lyme

One study concluded a four percent increase in Amazon deforestation led to a 50 percent increase in malaria.

bacteria. The mice are not good at removing ticks and their larvae and so the ticks pick up bacteria from the mice and spread it to other mammals, including humans. Because the number of Lyme-infected ticks has multiplied, more are transferring the disease to humans.

Global warming is adding to the problem. A study in the journal *Nature*, "Impact of regional climate change on human health," notes heart attacks and respiratory illness, due to heat waves, altered transmission of infectious diseases and malnutrition from crop failures can be linked to a warming planet. Research has also shown that warming ocean waters are increasing the incidence of waterborne illnesses, including those caused by toxic bacteria in shellfish.

The World Bank estimates a severe influenza pandemic could cost the world economy $3 trillion. Environment Canada says air pollution alone costs the Canadian economy billions of dollars a year.

A key solution, according to One Health Initiative, is to look at the links between human, animal and ecological health and to manage our activities in a sustainable and holistic way. The US-based initiative is bringing experts in human, animal and environmental health together to study these links. Another promising area of research is natural capital evaluation. Forests and green spaces filter water and store carbon. Urban green spaces provide cooling and protection from storms. And ecosystems in balance help protect us from disease outbreaks.

With the world's human population now at seven billion and growing and the demand for technology and modern conveniences increasing, we can't control all our negative impacts. But we have to find better ways to live within the limits nature and its cycles impose. Our physical health and survival and the health of our economies depend on it.

Written with contributions from David Suzuki Foundation Editorial and Communications Specialist **Ian Hanington**. Learn more at www.davidsuzuki.org

the Law *of* Least Effort

by **Deepak Chopra**

If you observe nature at work, you will see that the least effort is expended. Grass doesn't try to grow, it just grows. Fish don't try to swim, they just swim. Flowers don't try to bloom, they bloom. Birds don't try to fly, they fly. This is their intrinsic nature. The Earth doesn't try to spin on its own axis; it is the nature of the Earth to spin with dizzying speed and to hurtle through space. It is the nature of babies to be in bliss. It is the nature of the Sun to shine. It is the nature of the stars to glitter and sparkle. And it is human nature to make our dreams manifest into physical form, easily and effortlessly.

In Vedic Science, the age-old philosophy of India, this principle is known as the principle of economy of effort, or "do less and accomplish more." Ultimately, you come to the state where you do nothing and accomplish everything. This means that there is just a faint idea and then the manifestation of the idea comes about effortlessly. What is commonly called a "miracle" is actually an expression of the "Law of Least Effort."

Nature's intelligence functions effortlessly, frictionlessly, spontaneously. It is non-linear; it is intuitive, holistic and nourishing. And when you are in harmony with nature, when you are established in the knowledge of your true Self, you can make use of the Law of Least Effort.

Least effort is expended when your actions are motivated by love because nature is held together by the energy of love. When you seek power and control over other people, you waste energy. When you seek money or power for the sake of the ego, you spend energy chasing the illusion of happiness instead of enjoying happiness in the moment. When you seek money for personal gain only, you cut off the flow of energy to yourself and interfere with the expression of nature's intelligence. But when your actions are motivated by love, there is no waste of energy. When your actions are motivated by love, your energy multiplies and accumulates – and the surplus energy you gather and enjoy can be channelled to create anything that you want, including unlimited wealth.

You can think of your physical body as a device for controlling energy: it can generate, store and expend energy. If you know how to generate, store and expend energy in an efficient way, then you can create any amount of wealth. Attention to the ego consumes the greatest amount of energy. When your internal reference point is the ego, when you seek power and control over other people or seek approval from others, you spend energy in a wasteful way.

When that energy is freed up, it can be rechannelled and used to create anything that you want. When your internal reference point is your spirit, when you are immune to criticism and unfearful of any challenge, you can harness the power of love and use energy creatively for the experience of affluence and evolution.

Acceptance

There are three components to the Law of Least Effort – three things you can do to put this principle of "do less and accomplish more" into action. The first component is acceptance. Acceptance simply means that you make a commitment: "Today, I will accept people, situations, circumstances and events as they occur." This means I will know that this moment is as it should be, because the whole universe is as it should be. This moment – the one you're experiencing right now – is the culmination of all the moments you have experienced in the past. This moment is as it is because the entire universe is as it is.

When you struggle against this moment, you're actually struggling against the entire universe. Instead, you can make the decision that today you will not struggle against the whole universe by struggling against this moment. This means that your acceptance of this moment is total and complete. You accept things as they are, not as you wish they were in this moment. This is important to understand. You can wish for things in the future to be different, but in this moment you have to accept things as they are.

When you feel frustrated or upset by a person or a situation, remember that you are not reacting to the person or the situation, but to your feelings about the person or the situation. These are your feelings and your feelings are not someone else's fault. When you recognize *cont'd p.27...*

What is Earthing?
Earthing involves being in contact with the Earth's eternal and gentle surface energy. It means walking barefoot outside and/or sitting, working, relaxing, or sleeping indoors while connected to an earthing sheet or mat that delivers the natural nurturing energy of the Earth into your body.
For more than ten years, thousands of people around the world -- men, women, children, and athletes -- have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary.
Earthing Sheets While You Rest
Earthing Mats While At Work
"This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of the disease, chronic inflammation, poor sleep, and more be the result of this? A brilliant hypothesis well-grounded in science."
- NICHOLAS PERRICONE, M.D
AUTHOR OF AGELESS FACE, AGELESS MIND
Earthing
The most important health discovery ever?
Read the first 50 pages on our website!
Earthing Products offer a convenient way to stay in contact with the earth while working, relaxing, or sleeping indoors.
Prices in CDN | Ships from within Canada | 30 day full refund policy
1-800-870-4248
www.EarthingSolutions.ca
Authorized Canadian distributor of Earthing Products as featured in the book "Earthing"
EARTHING SOLUTIONS
Connect to the Earth and Feel Vibrant

common ground resource directory

the best place to be

Every month, 1/4 million Common Ground readers seek out our resource directory to find services and businesses in alignment with their values We offer frequency bonuses three sizes of listings and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

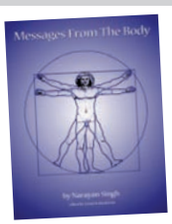
Advertising deadline
the 15th of the month prior

Books • Art • Music • Culture	30	Intuitive Arts	33
Business Services & Opportunities	30	Nutrition	34
Dentistry	30	Psychology, Therapy & Counselling	34
Education & Certification	31	Restaurants / Vegetarian	35
Health & Healing	31	Spiritual Practices	35

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca



ARE YOU SEARCHING FOR THIS BOOK?

MESSAGES FROM THE BODY
by Narayan-Singh
A "dictionary" of the psychological and sometimes sacred meanings of hundreds of disturbances ranging from sneezes to cancer. This reference book is of inestimable value to those looking for answers and insights beyond the traditional medical model. 387 pp, $55.00

Excerpt: INABILITY TO SLEEP
"Red-orange alert." They are on intense vigilance and "hair-trigger" reactivity. They don't dare to relax because they don't trust the process of life. They have a disturbed mental condition due to a subconscious shock and/or a chronic state of "red-orange alert." There has now also been an "emergency preparation" activated by current circumstances. They labor under a great deal of guilt and fear over imagined failures and their consequences. It arises from their having been the "sane one" in a severely dysfunctional family.
Lynne R Henderson Publications
www.lynnehenderson.com
604-264-0801

BUSINESS SERVICES & OPPORTUNITIES

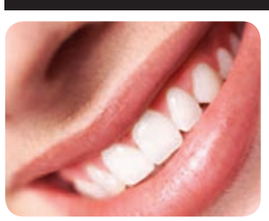
AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located between Kits and Main
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

Hours: Monday - Saturday
8 AM - 5 PM
396 5th Avenue West (at Yukon)
Vancouver, BC
V5Y 1J5

• Check out our website for 43 free downloadable fuel saving tips.
Book an appointment online.
www.axlealley.ca
604-875-9988

DENTISTRY



North Vancouver
Cosmetic and Laser Dentistry

Dental Materials Biocompatibility test, Safe removal of mercury fillings, Metal Free restorations, Cosmetic dentistry, Metal Free orthodontics, Sedation dentistry, Laser Dentistry. New patients welcome.
www.drnasimanderson.com
1108-160 E. 14th St., North Vancouver
604-987-7272

Dr. Talebain & family

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION

FALL PROGRAM STARTS SEPT 10
Acting Classes – 8 week session
- beginners
- intermediate
- advanced
- private coaching available

Communication Skills Training
Weekend Seminars

ACT NOW
BRUHANSKI ACTING STUDIO, founded in 1980, is a safe, dynamic creative space for actors to learn the foundational skills to perform with honesty and artistry; and for the non-actor, an opportunity to develop greater empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, director, and master teacher, Alex has taught in Vancouver, L.A. and Montreal; was an artist in residence at the Gestalt Institute of Canada; led workshops in prisons and in the mental health community; and volunteered in palliative care programs.
www.bruhanski.com 604-879-2080

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $5,500US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

---

Reflexology Training Courses
Reflexology is taught and practiced as an intuitive healing art. Courses provide structure that supports you in developing an intuitive sense of reflexology with a holistic orientation.
Holistic Reflexology: An Introduction
Informational evening talk and "hands-on" presentation, **$10**. See Datebook.

Basic Foot, Hand or Ear Reflexology Certificate Courses: Twenty hours expert instruction, 40 hours practicum plus 10 hours home study prepare you to practice reflexology competently. **$395.**
Advanced Reflexology Certificate Courses
Expand your knowledge to develop your effectiveness to a professional level. **$395**.

Courses offered year round. See Datebook.
Courses accredited CMTBC, RAC.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

We offer workshops on practical techniques and methods to experience an **out-of-body state, lucid dreaming, or astral projection (The Phase)**. Participants learn how to enter, control and apply *The Phase* for: Traveling the world, space and time; Finding information; Self-healing; and Contacting deceased.
Download free e-book.

1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations.
Call for our course catalogue.

HEALTH & HEALING

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
29 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Wellspring Vision
Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

- *** Retinitis Pigmentosa**
- *** Macular degeneration**
- *** Glaucoma**
- *** Eye Bleeding**
- *** Red eyes, Dry eyes**
- *** Eye fatigue**
- *** Far sightedness**
- *** Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

Be Amazed!
Alex Yim, 嚴子龍 醫師.
Holistic Acupuncturist Clinics:
Vancouver
729 Gore Ave, Chinatown
Sunshine Coast
493, Marine Dr., Gibsons
604-649-0867

Alex Yim has 18 yrs of clinical experience, including acupuncture. He uses myofascial point injections for chronic pain, sport & accident injuries. Fast results for efficient weight-loss, sore knees, neck or back, sciatica, high blood pressure, and cancer detoxification.
• Testimonial (Chronic Fatigue & Fibromyalgia): *2 sessions and I feel 100% better & my energy level is much greater. I highly recommend Alex. Betty P, Gibsons.* • Testimonial (Knee Pain): *I suffered knee pain and swelling. After only 1 treatment my pain stopped and I have been running for the last 2 years. It's amazing! AP, Gibsons.* • Testimonial (chronic back pain): *A year of pure hell relieved. Family, friends & myself can't believe my mobility. RH, Gibsons*

e-Feng Shui, e-Numerology service.
Want to improve your wealth, health and happiness, or check the chi energy in your home or office, buy or sell a property fast & profitable? I can help.

byim88@yahoo.ca
www.AcupunctureCancerClinic.com

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Enjoy Deep Blissful Relaxation!
Reflexology is taught and practiced as a potent, safe way to free stress and tension, relieve pain, improve circulation, and facilitate natural healing. Stimulation of foot, hand or ear reflexes revitalizes your whole body naturally.
One-hour private sessions: $60.
Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it! **1hr sessions only $20.**
"FOOT REFLEXOLOGY: A Step-by-Step Guide." DVD or video. Enjoy pleasurable, quality time with family & friends: **$22.95.**
Training: Basic & advanced certificate courses prepare you to practice holistic reflexology competently and professionally: $395.
See Education and Certification Listing.
Books, charts and self help tools available. Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

Tian Chi Traditional Chinese Medical Centre
Thomas Cheng
Registered Acupuncturist & Herbalist
2225 Kingsway, Vancouver
778-862-5466 / 604-568-8079
tianchichinesemedicine@shaw.ca

Thomas Cheng has over 27 years of clinical experiences in both China and Canada including 14 years of service in the Chinese Army as a military doctor.
We provide these services:
Diagnosis, Natural Herbal Medicine, Acupuncture, Acupressure & Massage, Reflexology, TCM Cosmetology

We mainly provide treatments for:
neck & back pain, headache, insomnia, depression, diabetes, frequency of urination, kidney problems, skin allergies, gout & arthritis, hemorrhoids, high blood pressure, stroke, coronary heart disease, and tumors.

Our Specialty:
Prostate problems including prostatitis, prostatauxe, prostate tumour and prostate cancer, etc.

We accept:
MSP, ICBC, WCB & Extend Care

SKIN DISEASE CENTRE · TRADITIONAL CHINESE MEDICINE

expert diagnosis
SKIN DISEASE TREATMENT
Extended Care

Dr. Andy Zhou (PhD) is a renowned Professor of TCM, Dermatologist, President of Dermatology Society of TCM, Registered Doctor of TCM, and Acupuncturist. He has worked with people worldwide and successfully treated most of his patients with his unique, herbal formulas. He has provided expert diagnosis in Vancouver since 1996.

- **Psoriasis**
- **Eczema**
- **Atopic dermatitis**
- **Dermatitis**
- **Acne**
- **Vitiligo**
- **Hives**
- **Skin allergies, Rashes, Itching**

Dr. Andy Zhou, PhD, DR. TCM
Skin Disease Centre
of Traditional Chinese Medicine (TCM)
Regent Medical Building
330-2184 West Broadway (@ Arbutus)
Vancouver, BC, V6K 2E1
By appt: 604-736-6060
www.TCMdermatologist.com

Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

With over 20 years experience in holistic healing and bodywork, Valerie adds to her in-depth study and client experience with **Craniosacral Therapy, Somato-Emotional Release, Myofascial Unwinding and Lymph Drainage Therapy** etc. her most recent six-year advanced study at the **Barbara Brennan School of Healing** including chakra and auric field multidimensional energy healing. She works gently and electively to co-create with you healing for **physical, emotional, mental, spiritual and soul issues** to provide the most complete experience. As well as working with clients, Valerie confidentially mentors other healers/ practitioners locally and internationally through phone/Skype sessions with their own personal process and professionally, in support of their clients. **Long-distance phone/Skype sessions** available.
Can now return calls within 24 hours.
Appointments in Vancouver:
604-739-9916

Muscle Balancing Therapy
Non-invasive approach that improves posture by relaxing muscles. Painless stimulations applied to acupressure points to release stored tension, activate self-realignment of the whole body, reduce pain from muscle imbalances, and improve overall energy flow.

Colon Hydrotherapy
A safe and effective way of softening and removing waste toxin from the colon by using purified, pressurized, and temperature regulated water into the colon, The weight of the water stimulates the natural peristalsis of the colon. We provide both open system and closed system to suit individual preferences.

Complete Health Center
#165 – 9040 Blundell Road,
Richmond, BC V6Y1K3
Tel: 604-8894033
www.complete-health.ca

SEPTEMBER 30% OFF
Conditions apply

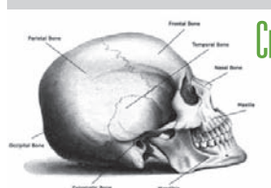
TRUTH radio
www.blunt.fm

Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/soul, reduces human suffering, and brings world peace.
www.blunt.fm **www.onlygodheals.com**

25 years ago Omega Nutrition pioneered Flax Seed Oil in the North American market. 18 years ago Omega Nutrition introduced Coconut Oil when Tropical Fats were the boogeyman. Today: Apple Cider Vinegar, Prune Extract, Pumpkin Seed Products and much more…**www.omeganutrition.com**

HYPERBARIC OXYGEN
The Key to Healing
1-800-215-1714

Autism, Stroke, Brain Injury, Cancer, Dementia, Cerebral Palsy, Diabetic Ulcer, Non-Healing Wounds, Fibromyalgia, Chronic Fatigue, Multiple Sclerosis (MS), Post-Polio, **Lyme**, Parkinson's, Alzheimer's, Migraine, **RSD**, Sports Injury, Crohn's, Colitis, Raynaud's, Pre-Post Surgery, Huntington's, **Rheumatoid Arthritis.**



CranioSacral Vancouver
604-833-3151
www.craniosacralvancouver.ca

• Migraines • Neck, Back Pain • Sinuses • CNS Disorders • Learning Disabilities • Scoliosis • Chronic Fatigue • Emotional Difficulties • Stress, Tension • Fibromyalgia • Connective-Tissue Disorders • Neurovascular & Immune Disorders • Post-Traumatic Stress Disorder • Post-Surgical Dysfunction

HEALTH & HEALING

A healing with Angela consists of channeled information revealed before and during your session. Pranic Healing can provide relief from various physical ailments and emotions like obsessive thoughts, rage, anxiety, heartache and much more. **70 min. session $60. Distance Healings available.**
www.angelapaterson.com

THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.

Qwest 4 Health
- **LIVE BLOOD ANALYSIS**
- **IRIDOLOGY**
- **pH ASSESSMENT**
- **QUANTUM BIOFEEDBACK**

www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ….and many more
Office: 604-531-3480 qwest4health@shaw.ca

Do you prefer non drug therapies?
Do you have any kind of persistent pain?

- We offer acupuncture and many styles of massage therapy to suit your individual needs.
- Enjoy whole refreshment for body and soul.

ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional Chinese Medicine
Registered Acupuncturist
Trained in Canada and China

Treatments for:
• Gynaecological, digestive and skin issues
• Back pain • Fatigue • Stop smoking • Weight loss
Chinatown Office: 604-605-3382
Chinatown Centre Medical Clinic
#165 - 288 E. Georgia St.
Main St. Office: 778-239-7989
Balance Acupuncture & Massage
#105 - 4338 Main St.

The best thing about the future is that it comes only one day at a time.
– Abraham Lincoln

INTUITIVE ARTS

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world.
Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337

As for Within as Without
call Maria at
604-277-9603
Feng Shui 2 Charmed Life

Feng Shui 2 Charmed Life "As For Within as Without"

Our environment, our homes or offices are mirrors of ourselves. They reflect our interests, our beliefs, our passion and most of the time our unconscious way of living. They tell a story about how we feel about ourselves, about our lives. With the help of Feng Shui the areas in our lives can be rejuvenated and renewed.

For Holistic Feng Shui Consultation please call 604-277-9603.

Create a Charmed Life Coaching Inc. & Feng Shui 2 Charmed Life

Our Mission is to bring happiness into people's lives as they learn to align their minds and spirits with their goals in life. This is supported by transforming their homes and offices into a healthy and harmonious entity.

Granville Island Psychic Studio
Phone Readings
Vancouver
Canada & USA
1-888-734-3354
www.psychicstudio.ca

HOME TO VANCOUVER'S BEST PSYCHICS, since 1996. Walk-ins welcome 7/7 11 to 5. Empower your life: Tarot, Palms, Reiki, Healings, Mediumship, etc. Across from The Keg, Marina Side.
1526 Duranleau St. **Ph: 604-734-3354.**
Info/map: www.PsychicStudio.ca

IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present…ACT!

Loving is easy… just ask any five-year-old!

Personal consultations are now available with Reimut.
~ Relationship and Dating Counsellor
~ Author of *"Easy Relationships - The Handbook for Happiness"*

ThePhoneCounsellor.com
604-688-3001

Michael Hey
Whale Channel, Healer & New Energy Guide
604-600-4912
michael@seaofheartlight.com
www.seaofheartlight.com

"Dear Human: You wish to know more about the depth of this experience as everything is shifting within and around you. We call this an awakening. Let us embrace you and guide you back into your own heart."
– Aurora (a Beluga whale).

INTUITIVE ARTS

Only the mediocre are always at their best.
– Jean Giraudoux

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing
ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

Lily Chandra
Medical Intuitive
Pet Psychic
Distance Healer
604.518.8668
lily@intuitiveenergyhealer.ca
www.intuitiveenergyhealer.ca

Health issues are a result of unprocessed emotions that leave imprints on the spirit. I heal the trauma and cleanse the memory from the DNA which creates a ripple in the energy body and transforms all aspects of your life.

NUTRITION

Books for vegetarians, vegans, raw foods enthusiasts, healthy eaters, and those changing their diets due to health concerns: these best selling books plus *Raising Vegetarian Children* (not shown). Available online, through all bookstores, and Banyan. Or arrange a consultation with dietitian/ author Vesanto Melina.

Address weight, health, pregnancy, childhood, through senior years. A personalized 2-1/4 hour consultation ($282 with tax) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical food tips.
604-882-6782
www.nutrispeak.com

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.members.shaw.ca/johnarnoldphd/**

FREE YOURSELF
Jaminie Hilton
RCC
Masters in Counselling, Chemical Dependency Certificate

Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss
- Relationship (from romantic to roommates)

I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call:
604-802-4126, VANCOUVER
www.jaminiehilton-counselling.ca

ARE YOU READY FOR A CHANGE?
Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342
transformance@mac.com

CORE BELIEF ENGINEERING
Founder, Elly Roselle
PCTIA Registered
(604) 536-7402
www.corebelief.ca

Are you ready for real and lasting change in your life? Core Belief Engineering has been getting results since 1985 by revealing the core belief systems motivating all of our behaviours. Through a gentle dialogue with aspects of your mind, you identify and transform limiting beliefs into a life-enhancing base that supports your conscious choices.

CBE is for you:

- If you are looking for a breakthrough in your life
- If you want to free yourself of limiting patterns and compulsive behaviours
- If you want to open and strengthen your connection with your own deeper consciousness.

CBE works holistically with your mental, emotional, physical, spiritual and social beliefs and concerns.

Founder Elly Roselle offers private sessions and a PCTIA registered certification program.

(604) 536-7402 – www.corebelief.ca

EMPOWERMENT – CLARITY – JOY IN LIVING
VIDA
COUNSELLING
Because Life is Worth It
"Tell me, what is it you plan to do with your one wild and precious life?" - Mary Oliver

Are you struggling with Depression, Anxiety, or Stress? Do you find yourself searching for a greater sense of meaning? You are not alone in your struggles…They are a natural part of the human experience and a natural part of a life story. The good news is that there is a path forward! Renewed perspective and re-awakened joy in life are not only possible but the likely result of effective work done with a counsellor who listens to your story with a whole-hearted empathy. This is my goal and my mission and I am honoured to work with you to make the changes you need to live a richer and more fulfilled life.

Danzante Caldera, RPC(c)

VIDA Counselling
604 Columbia Street
Suite 459
New Westminster, BC
V3M 1A5

Phone: 604 220-6992
www.vida-counselling.ca

PSYCHOLOGY, THERAPY & COUNSELLING

CanPeace Consultants Inc
Bringing People Together
604-676-3555

• **Creating Effective Relationships**
• **Conflict Resolution** • **Mediation**
CanPeace brings focus, clarity and a fresh perspective to your personal situation.
Call for your FREE initial consultation.
555 Burrard Street, Suite 900
www.petersammarco.com
by appointment only

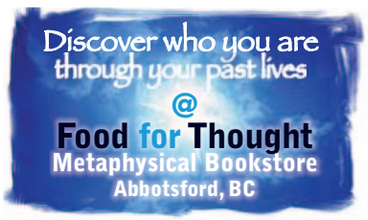
HYPNOTHERAPY
Jackie Maclean
Clinical Hypnotherapist
The Power Within
604-551-4986
www.thepowerwithin.ca

FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions**: tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS…GAIN CONFIDENCE.**
2 locations: Vancouver & Langley.

"Life Between Lives"

Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
604-741-7944
www.lifebetweenlives.ca

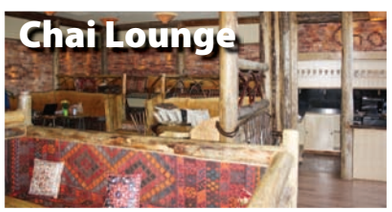


Can regressional hypnotherapy uncover origins of health and other concerns? Do we create our destiny in our 'Life Between Lives'? Hypnotherapist Jonny Enoch CCHT, uses techniques like Dr. Michael Newton uses in 'Journey & Destiny of Souls'.
Call for appointment. 604-853-9027
www.foodforthoughtbookstore.ca

RESTAURANTS

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver
604.872.8779 www.nirvanarestaurant.ca

There are two ways of spreading light:
to be the candle, or the mirror that reflects it.
– Edith Wharton



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401, **www.eastiseast.ca**

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4413 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4413 Main Street @ 28th 879-2020

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菩提 菜香素食
3932 Fraser & 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards.
Call for reservations. 604-873-3848.

T•H•E NAAM RESTAURANT
"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

SPIRITUAL PRACTICES

You can experience a personal relationship with Spirit.
How?
CSL's Foundations class begins Sept. 25
10 Tues. evenings, 6:30-9:30 pm
See *Calendar and Classes* website pages for info.

Fall *Dare to Live the Life You Came to Live* series:
Souls on Fire! begins Sunday, Sept. 16
Meditation Wkshop, $25,
Sept. 16, 1:45-3:45 pm
NEW! Children's Program
begins Sun., Sept. 9th

SUNDAY MEDITATION: 10:15 am
CELEBRATION SERVICE: 11:00 am
Maritime Labour Centre, 1880 Triumph St.
between Hastings & Powell @ Victoria
Free parking lot on Pandora
csl.vancouver.org
See us on Facebook, Twitter and YouTube
Info: 604-321-1225

Learn Meditation - FREE
Sufi Meditation every Wednesday at 730pm
Call for Spiritual Counselling: 604-980-7007
"There are as many Ways to the Divine as there are Breaths of Humankind" –Sufi Mystic
3660 East Hastings, Vancouver
www.sufimeditationcenter.com

Is Your Life in BALANCE yet?
604-317-2747
www.santmat.net

Simple changes can bring more meaning to your life, create happiness and well-being.
Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.
Every Tuesday, 7 pm.
Location: Pacific Institute of Reflexology
535 W. 10th Ave, Vancouver
Free parking in the back.

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 25 years of excellence in TCM Education

Diploma programs start September 17:
Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist

Very high passing rates in CTCMA Board Exams.

Eligible for HRSDC Funding and Student Loans
We accept transfer credits

CLINIC OPEN TO PUBLIC
Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.
FREE info sessions on programs
Thursdays 2 - 4 pm
Sept. 6, 13, 20 & 27

PCTIA ACCREDITED
Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver, no other locations.

Events/Datebook

For rates & placements email **datebook@commonground.ca**

SEPT 6
ADNC Neurofeedback Centre: 7PM, Canadian School of Natural Nutrition. Come learn how Neuroplasticity can increase IQ! Discover how biofeedback & medical devices can help Headaches, ADHD, Autism, Addictions, Pain, Stress, & Performance! 604-730-9600, www.neurofeedbackclinic.ca

SEPT 7
A Gathering of the Clans: A conference addressing "New World" claims to empire across the noncompliant "barbarous nations" of North America. 1805 Larch Street (Kitsilano). Info: melwill33@hotmail.com

SEPT 7-9
Indian Head Massage Workshop with Susan Allen. Friday: 7-9PM / Sat-Sun: 9AM-5PM. Course fee: $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 9
On Salt Spring: Discover Your Inner Goddess – A Shamanic Workshop for Women. With shamanic practitioner Sonya Weir (www.eaglefireshamaniccoaching.com) 1-5 PM, Core Inn, 134 McPhillips Ave, Salt Spring. Suggested donation $30. To register, email sonyaweir@uniserve.com or call 778-227-2939.

SEPT 11 & 12
An evening with Deva Premal & Miten with Manose: Sept 11 Victoria 7:30PM, Alix Goolden Hall, 907 Pandora Ave. Vancouver Sept. 12: Massey Theatre, 735 8 Ave., New Westminster 7-10 PM. www.beyondthemindevents.com/fullcirclestudio.ca, www.devapremalmiten.com

SEPT 12
Brahma Kumaris World Spiritual Organization: Experience a spiritually uplifting evening connecting to your inner self with special international guest speaker Didi Sudesh, a teacher, broadcaster and Director for over 60 meditation centers throughout Europe. Sept 12 at Metrotown Hilton Hotel, Burnaby 6:30-8:30PM. Free of charge. Info at: 604-436-4795. vancouver@ca.bkwsu.org

SEPT 12-OCT 24
Andean Wisdom Teachings with Jhaimy Alvarez-Acosta from Cusco, Peru. Workshops, retreats, talks & personal healings: Vancouver & Victoria. www.childrenofthe7rays.com 778-279-7234.

SEPT 14-16
Introduction to Hand Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm $10; Course $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 14-16
Open Your Spiritual Channel Workshop. Master Sha offers rare teachings and powerful Divine blessings to open your key spiritual channels. Love Peace Harmony Center Vancouver, 1280 Odlum, Vancouver 604-336-4833. www.LovePeaceHarmonyVancouver.com\

SEPT 15
You are invited to a celebration of 50 years of Canadian Diabetes Association's kids camp. Food, fun, games, www.campk50.ca, 604-732-1331, Ext 231.

SEPT 18-25
Save the Date! Join the UCS Center for Science and Democracy for a forum series focused on barriers to citizen access to governmental scientific information. Info: http://action.ucsusa.org

SEPT 21-23
Women Healing With Horses Retreat: Self-discovery through the gentle wisdom of the horse. Fort Langley, $525 604-807-2255 www.wisteriaacres.com/events.html

SEPT 22
Enlightened Living Free Class: REGENERATIVE NUTRITION, 2-4PM. Meditation & Ecology Centre, 11011 Shell Rd., Richmond. To register call Linda, 604-985-5840.

SEPT 22
Eternal Life. Free talk, Christian Science healer Mark Swinney, 11AM. Could it be that God didn't intend you to age? Visitor Centre, VanDusen Botanical Garden, 5151 Oak Street, 604-733-4310.

SEPT 22
THE FUTURE OF FOOD: Documentary about GMOs. 4pm, The Clova Cinema, 5732 176 ST Surrey. Tickets $6.50/advance, $8/door. Call Bobbie 604-506-5576, www.WakingUpForAva.com

SEPT 23
J.Krishnamurti in Beyond Myth and Tradition series with Evelyne Blau: Choiceless Awareness. Free DVD showing, dialogue, refreshments. Vancouver Public Library downtown, 7th Floor, Board Breakout Room, 1:45pm. Look us up on and register at meetup.com krishnamurtigroup@live.com 604-354-1534.

SEPT 26-30
Experience the Yuen Method and feel instant relief from energetic blocks preventing you from achieving total health & vitality. With Colette Stefan. Demos & Seminars. Vancouver Sept. 26-30, Victoria Sept. 20-24 www.CrystalineVision.com

SEPT 27
Feed Your Head: Films for Mental Health: Enjoy two documentaries and a Q&A session with Dr. Christina Bjorndal. Info/registration: http://orthomed.org/isf/pubinfosessions.html

SEPT 27
Fill Your Workshops With Ease: Avoid the 3 massive mistakes workshop leaders make. Presented by Callan Rush. 7-10PM. Tickets free when you pre-register. In Vancouver. Call Kate at 1-888-686-7409.

SEPT 27-30
Drunvalo Melchizedek's Awakening the Illuminated Heart 4-day workshop. Create a permanent Merkaba from your sacred space. Certified Teacher Laurie Cornell. $444. Information: 604-531-5156, www.morningstartransformations.com

SEPT 28-30
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm $10; Course $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 28-30
The Journey of Awakening Group Retreat: At Swanwick Centre, a beautiful 32-acre, ocean-front sanctuary near Victoria, BC. Oct 5-8 Nondual Wisdom and Psychotherapy swanwick@shaw.ca, 250-744-3354, www.swanwickcentre.ca

SEPT 29
Empowerment Workshop: Create your personalized plan to achieve sustained inner peace and contentment. Extraordinary results await. North Vancouver, 9AM-1PM, $179, www.bluetopazconsulting.com

SEPT 30
DRAWING Workshop: Understanding the Basics. Improve Drawing Skills easily, all levels of experience. 10am-4pm $110, VanDusen Gardens, www.anitanairne.com anitanairne@telus.net, 604-684-6418.

OCT 12-14
The Body Soul & Spirit Westcoast Expo: Tradex Trade & Exhibition Centre, Fraser Valley. Fall Expo Tour info: 1-877-560-6830 www.bodysoulspiritexpo.com

OCT 13
Psychic & Wellness Fair Dance Addicts, 4622 Hastings St., Burnaby. Psychics, Healers & Spa Treatments. Info @ www.tandtvancouver.com

OCT 28
A Truly Haunted Evening: Presented by T & T Psychic & Wellness Parties Hosting @ Giggle Dam. Info @ www.tandtvancouvere.com

NOV 3
Open House - Institute of Holistic Nutrition: course/career opportunities. Exhibits, lectures & more. 10am-3:30pm, 604 W. Broadway, Ste. 300. www.instituteofholisticnutrition.com

NOV 16
12th Annual World Kindness Concert: Centre for Performing Arts, 777 Homer St. Early bird special until Oct. 16. Info/tickets www.worldkindnessconcert.com

ONGOING

September-November: Want to be a healer? Register to be a professional Backhealer. Experience a free session today. www.thebackhealer.com. 604-366-4743.

HU, A Love Song to God: Experience, free, a Community HU. 1st Friday: 8PM, Harry Jerome Rec Centre, Mahon Rm, 123 E. 23rd St., North Vancouver and at 15996 84th, Surrey. 1st Tuesday: 7:30PM, 6550 Bonsor, Burnaby. www.eckankar-bc.ca

SUNDAYS

10 Free Classes – JYOTI (Inner Light) MEDITATION, 10AM. Meditation & Ecology Centre, Richmond. To get curriculum & register: Linda 604-985-5840.

Centre for Spiritual Living: Join us every Sunday @ 11 AM for practical spirituality with great music. Meditation: 10:15 AM. 1880 Triumph Street, Suite 8 (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

TUESDAYS

Reflexology Student Clinic 6–10pm. One- hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

Classified

EDUCATION

BACH FLOWER COURSES: Experience the remedies first hand and incorporate them into your daily life. Contact Sarah Brune. www.bachflowerscanada.com, 250-331-3228.

HEALTH

LIVE A LIFE OF LOVE JOY & VIBRANCY: Emotional Healing, Shifting Limiting Core Beliefs, www.brendainnes.com 778-571-1472.

LIFE COACHES WANTED

JOIN OUR TEAM TO EARN $60-$90K P/T or F/T Trained or we will train you. Call Kristine 778-773-3533 for details.

MASSAGE CLASSES

FUSION MASSAGE, THAI MASSAGE, "Thai Massage on the Table." Beginners massage and R.M.T. classes for ceus." Info: www.academyofmassage.ca, 250-537-1219.

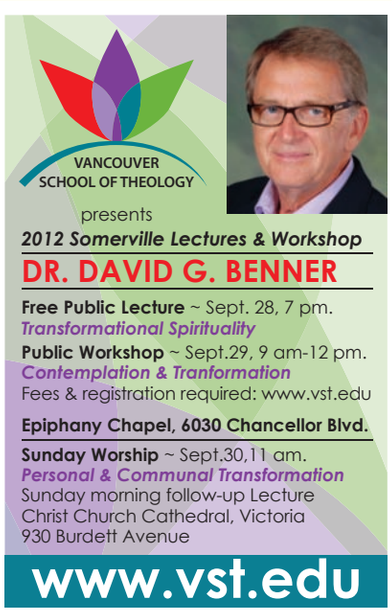
SHAMANIC LIFE COACHING

BREAK FREE FROM SELF-SABOTAGE & DISCOVER DEFEATING PATTERNS your conscious mind cannot uncover. Trance drum journeys, Mayan Book of Life Tarot readings, crystal & vibrational healing, karma releasing. Email: sonyaweir@uniserve.com or call 778-227-2939. www.eaglefireshamaniccoaching.com

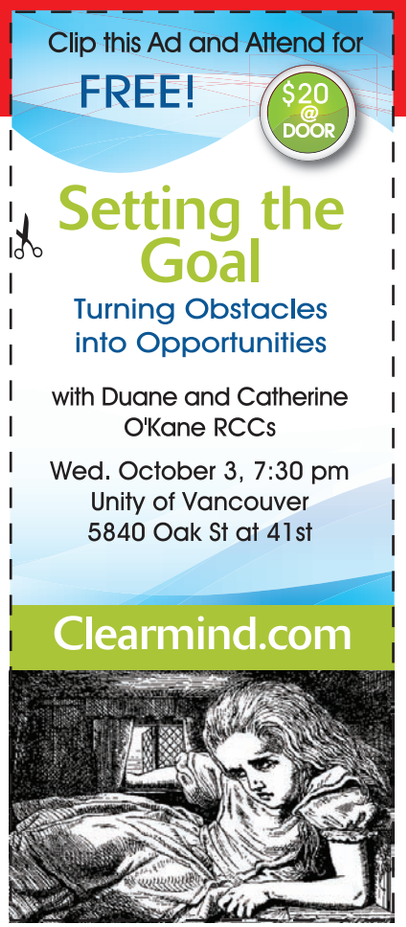
TAROT

CERTIFIED BAZI & FENG SHUI Consultant $70/hr in-house; $150/hr for visit, 778-322-9165, http://destinycoachingnow.com

MORE THAN 120 TAROT SPREADS to choose from, with specialization in Relationships, Problem Solving and Self-Improvement. Readings aim for depth, thoughtfulness and clarity of issues. www.mysteriatarot.com


VANCOUVER SCHOOL OF THEOLOGY
presents
2012 Somerville Lectures & Workshop
DR. DAVID G. BENNER
Free Public Lecture ~ Sept. 28, 7 pm.
Transformational Spirituality
Public Workshop ~ Sept.29, 9 am-12 pm.
Contemplation & Tranformation
Fees & registration required: www.vst.edu
Epiphany Chapel, 6030 Chancellor Blvd.
Sunday Worship ~ Sept.30,11 am.
Personal & Communal Transformation
Sunday morning follow-up Lecture
Christ Church Cathedral, Victoria
930 Burdett Avenue
www.vst.edu

BANYEN books & sound
DEVA PREMAL & MITEN
Wednesday, Sept 12
Massey Theatre
BURIED in the SKY
Friday, Sept 28
Talk & Signing
FREE at Banyen
BURIED IN THE SKY
Peter Zuckerman & Amanda Padoan: Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day.
banyen.com 604-732-7912


Clip this Ad and Attend for FREE!
$20 @ DOOR
Setting the Goal
Turning Obstacles into Opportunities
with Duane and Catherine O'Kane RCCs
Wed. October 3, 7:30 pm
Unity of Vancouver
5840 Oak St at 41st
Clearmind.com

The State and Fate of This Small Blue Planet
DAVID SUZUKI
TIM FLANNERY
THE VANCOUVER WRITERS FEST
8:00 pm, Sunday, October 21
Stanley Industrial Alliance Stage
2750 Granville Street
Tim Flannery and David Suzuki
in conversation with Linden MacIntyre
Australia's internationally acclaimed scientist and conservationist and Canada's award-winning environmentalist and broadcaster discuss climate change and its impact on the world and its inhabitants.
Tickets at vancouvertix.com or 604.629.8849
Granville Island
THE VANCOUVER SUN 100 YEARS STRONG
RADIO | TÉLÉVISION | INTERNET
CBC
Global BC

VIFF docs expose the dark side of corporate America

In *Bitter Seeds,* Micha X. Peled reveals an appalling statistic: a farmer in India commits suicide every half-hour. The documentary, showing at the Vancouver International Film Festival (September 27-October 12), puts a human face on this ongoing tragedy with its intimate portrait of a poor farming community in India's interior. Most of India's cotton farmers now use seeds manufactured with Monsanto's proprietary Bollgard technology. "BT means big buds," say the sales people, waving their pamphlets. But, for farmers, it also means the risk of a large financial outlay, punitive interest rates on loans, low yields and dependence on Monsanto seeds, which are genetically modified to terminate at the end of each year.

The film follows a young female student journalist from the village, whose father killed himself, as she seeks answers to this epidemic of suicides. We also meet a father of three, with desperation in his eyes, who mortgages his three acres to take the GMO cotton gambit. Crisp visuals evoke the day-to-day rigours of impoverished, but peaceful, village life, as well as the underlying strain today's global agro-economy is placing on small farmers.

With similar themes, Swiss documentary *Bottled Life* focuses on Nestlé's water business. A multi-national corporation profiting from commodification of a free resource levers the law to push aside local resistance to its projects while currying favour with lawmakers through a PR blitz. The globetrotting doc offers fascinating insights into Nestlé's *modus operandi*, from its unquenchable thirst for water rights to the launch of "fashionable," bottled water brands into markets in Pakistan, Nigeria and North America. Director Urs Schnell, who can be heard occasionally, should have narrated himself instead of using an English-speaking actor for voice-over and he talks too much about he was stonewalled requesting an interview. Stylistic quibbles aside, this has some strong material and it is a good news story about how one community successfully stood up to Nestlé when its aquifer was threatened.

Corporate America is again under fire in *We're Not Broke*, one of a clutch of films at VIFF capturing recent citizen unrest in the US. Corporate America, from Apple to Pfizer, is a big tax dodger, siphoning profits offshore and often paying zero or negative US tax. Snappy editing of media images, activist actions and expert commentary shows how the richest multinationals have moved the goal posts. Highly watchable, with memorable lines like "If you take Bermuda out of the equation, $100 gets knocked off Google's share price."

In *Krisis*, 14 photojournalists offer visually rich perspectives from different ends of the political spectrum on the current socio-economic breakdown in Greece. While illuminating, with so many voices, the story lacks an anchor and it's difficult to appreciate where the talked of "renaissance" will come from. Maybe that's where Velcrow Ripper's *Occupy Love* (previewed in March) comes in?

The Invisible War is a searing indictment of the US military's stance on the systemic problem of rape, which has been ignored and suppressed by the top brass. Worse than that, serial rapists have been allowed to strike repeatedly within the closed system of the military, while victims who have stepped up have felt the full force of institutionalized indifference and prejudice bear down on them. An incredible exposé.

Very different is *Survival Prayer*, a meditative piece with extreme close-ups and lingering shots that records the characters, native rituals and myths on Haida Gwaii. Foodies will appreciate the focus on foraging and watching salmon being caught, gutted, hung, dried and smoked the traditional Haida way.

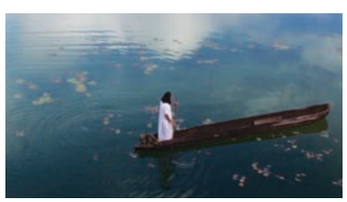
Robert Alstead writes for 2020Vancouver.com

From Bitter Seeds, Teddy Bear Films, www.teddybearfilms.com

VIFF
SEP 27 - OCT 12, 2012
VANCOUVER INTERNATIONAL
FILM FESTIVAL
ROGERS Fidelity TELEFILM CANADA

Bitter Seeds
(USA/India, 87 min.)
With industrial agriculture seemingly thriving in India, why has the suicide rate amongst farmers spiked to unthinkable levels? Micha X. Peled's stirring piece of investigative journalism travels to Kashmir to expose the human cost of genetically modified crops and celebrates the aspiring reporter who's trying to sound the alarm. Winner, Green Screen Award, Oxfam Global Justice Award, IDFA 2011.

GENEROUSLY SPONSORED BY common ground



Heart of Sky, Heart of Earth
(Germany/USA/Guatemala, 98 min.)
The location of the world's largest—and possibly toxic—gold-mine pit, Guatemala is also the homeland of the Maya and their decidedly holistic cosmology. Frauke Sandig and Eric Black's kaleidoscopically beautiful documentary follows the daily and ceremonial lives of six articulate young Maya as they struggle to maintain their way of life.

Survival Prayer (USA/Canada, 70 min.)
As Haida Gwaii's residents strive to harvest sufficient food for winter, Benjamin Greené celebrates their sacred relationship with the land and praises their vital environmental stewardship. Rhythmic and reverential, Greené's film gradually assumes the form of a ceremonial prayer: poetic, lilting and magical.

Activism and Documentary Film
WITH ERIN MULLAN

Tuesdays, Oct 9 – Nov 13, 2012
6:30 – 9:30 pm

Course Highlights
- Discover documentary film as a tool to educate, activate, and organize
- Understand new ways activists, filmmakers, film subjects, and audiences are collaborating
- Learn about crowdfunding of documentary film

604.323.5931 | sembree@langara.bc.ca

Langara.
THE COLLEGE OF HIGHER LEARNING.

Canadian School of Natural Nutrition

Empower yourself.

Achieve optimal health and a lasting career.

CSNN Vancouver
#100 2245 West Broadway
Vancouver, B.C. V6K 2E4
(604) 730-5611
Email: van@csnn.ca

CSNN Nanaimo
70 Church St.,
Nanaimo, B.C. V9R 5H4
(250) 741-4805
Email: nanaimo@csnnca

CSNN Calgary
3930 29th St. N.E.
Calgary, AB, T1Y 6B6
(403) 276-1551
Email: csnn.cal@shaw.ca

CSNN Edmonton
#200, 9413 – 45th Ave.,
2nd floor,
Edmonton, AB, T6E 6B9
(780) 437-3933
Email: csnn.edmonton@shaw.ca

Apply NOW for next term

www.csnn.ca

PCTIA ACCREDITED

GENUINE HEALTH | *it shows*

Take *control* and get back to doing the things you *love* to do.

Don't let pain stand in the way of living the life you want. Get moving, get going, and get active again, naturally.

Our range of Pain Relief products are specially formulated to target your pain effectively and safely. To relieve joint pain and stiffness due to over activity, choose ***fast*** **joint care+**. For clinical strength relief of back pain that works in as little as 2 hours, choose ***fast*** **back care+**. And for relief of pain due to arthritis and increase your range of motion, choose ***fast*** **arthritis relief+**.

Each contain Natural Eggshell Membrane, food for your joints, to not only relieve pain, but also repair damaged joints by providing nutrients that build cartilage, reduce inflammation and increase range of motion, plus additional key ingredients targeted to your type of pain to prevent future flare ups.

*Natural Eggshell Membrane is food for the joints. Safe and 100% natural, Natural Eggshell Membrane is a patented, research-proven ingredient containing naturally occurring ingredients, including glucosamine, chondriotin and hyaluronic acid and Type 1 collagen – all essential nutrients for proper joint health and flexibility. ** Clinical Intervention in Aging 2009; 4:235-40